

RecConnect

WAKE FOREST PARKS, RECREATION
& CULTURAL RESOURCES

MARCH-AUGUST 2020

SPRING & SUMMER

PROGRAM GUIDE



CAMPS | PROGRAMS | ATHLETICS

WELCOME



Meet the Town's Athletic Specialist

KP Kilpatrick serves as the Athletics Specialist for the Town of Wake Forest. His primary responsibilities include the implementation and supervision of the youth and adult athletic leagues. KP has been with the Town of Wake Forest since April 2018.

Following his passion for recreation and sports, he received his Bachelor's degree in Recreation Administration from North Carolina Agricultural & Technical State University. KP also received his Master's degree in Sport Management from Middle Tennessee State University (MTSU). While enrolled at MTSU, KP was rewarded a Graduate Teaching Assistant scholarship. Additionally, KP worked in the MTSU Sport Communication/Media Department and Athletic Ticketing Department.

Prior to coming to Wake Forest, KP served as the Athletic Coordinator with the City of Lexington Parks and Recreation Department. There he managed and coordinated multiple youth and adult athletic leagues for the city. KP also worked as the Recreation Center Director for the City of Thomasville. KP enjoys playing multiple sports and traveling with his family in his spare time. He is a diehard Aggie Alumni.



Program registration begins Feb. 1

Register for programs at any staffed site or online at wakeforestnc.recdesk.com. Online registration closes two business days before the start of a program.

STAFFED REGISTRATION SITES:

- **Joyner Park Community Center (JPCC)**, 701 Harris Road, Mon-Fri 6 am–10 pm, Sat 8 am–4 pm, Sun 1–5 pm
- **Flaherty Park Community Center (FPCC)**, 1226 N. White St., Mon-Fri 8 am–10 pm, Sat 8 am–4 pm, Sun 1–5 pm
payments by checks and credit/debit cards only
- **Alston-Massenburg Center**, 416 N. Taylor St., Mon-Fri 12–8 pm, Sat 8 am–4 pm, Sun 1–5 pm
payments by checks and credit/debit cards only

Rec Card required to access amenities at PRCR facilities

Wake Forest residents and non-residents ages 11 and older must have a Recreation Card (Rec Card) to access amenities offered at all PRCR facilities including Joyner Park Community Center. Those without a Rec Card may visit PRCR facilities any time, but a Rec Card is required to access the amenities.

Amenities that require a Rec Card:

Indoor walking track, cardio equipment, exercise room, open gym times for volleyball, basketball and pickleball

Rec Card Fees:

RESIDENTS: Free. **NON-RESIDENTS:** \$25 (individual), \$50 (family). **DROP-IN FEE:** \$5. **REPLACEMENT FEE:** \$5 for lost or stolen cards.

To Obtain a Rec Card:

1. Create a profile at wakeforestnc.recdesk.com
2. Visit the JPCC, FPCC or the Alston-Massenburg Center to have your picture taken and present proof of residency.

Expiration: Rec Cards are valid for one year from date of purchase and must be renewed annually.



Wake Forest Parks, Recreation & Cultural Resources Department
701 Harris Road, Wake Forest, NC 27587
919-435-9560
fax 919-435-9499
wakeforestnc.gov

Office Hours
Monday-Friday, 8 am–5 pm

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Wake Forest Renaissance Centre for the Arts
919-435-9458

Centre Manager
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Centre Specialist
Debra Horton
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Alston-Massenburg Center
416 N. Taylor St.
919-554-6189

Flaherty Park Community Center
1226 N. White St.
919-554-6726

Joyner Park Community Center
701 Harris Road
919-435-9560

The Wake Forest Parks, Recreation & Cultural Resources Department seeks to enhance the lives of the citizens by promoting health and wellness through diverse, safe, accessible, and culturally enriching recreational opportunities.



EVENTS

AND COMMUNITY ACTIVITIES



Mother-Son Dance

Celebrate the special bond that mothers and sons share with an evening of fun at the Town of Wake Forest's Mother-Son dance. Treat your son to a night of music, dancing and memories that he will have for a lifetime. This evening includes music, entertainment and refreshments.



WFCH	Mar 13	F	6:30-8:30 pm	\$40/couple* \$25/couple* RD	ages 3+
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*Additional children are \$8 per child

Easter Egg Hunt

Over 10,000 eggs will be hidden at this year's Easter Egg Hunt! The egg hunt will feature multiple hunt areas, each for a different age group. This event will begin at 10:00 am starting with the youngest participants (0-3 years) and will continue at 15-minute intervals for different age groups, ending with ages 10-12 at 10:45 am. Bring your own basket and arrive early for good parking!

Joyner Park	Mar 28	Sa	10:00-11:00 am	free	all ages
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*Rain date Mar 29 starting at noon

Egg-ceptional Egg Hunt

This egg hunt is free and will cater to children with disabilities and their families. The purpose of our egg hunt is to provide a fun, safe, family-friendly environment that allows children who may have difficulty participating in a traditional egg hunt the opportunity to hunt for Easter eggs. Bring a buddy to help if needed.

Joyner Park	Mar 28	Sa	11:15-11:45 am	free	all ages
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*Rain date Mar 29 starting at 1:15 pm

Breakfast with the Bunny <<NEW!>>

Join the bunny for a continental breakfast at Joyner Park Community Center! This will be a private affair, with a private egg hunt following the breakfast. For Breakfast with the Bunny participants only. Bring your camera to capture the memories!

JPCC	Mar 28	Sa	8:30-9:30 am	\$5*	ages 10+
JPCC	Mar 28	Sa	8:30-9:30 am	\$4*	ages 3-9

*Ages 2 and under free



Six Sundays in Spring Concert Series

Bring a lawn chair and enjoy live music at the park! The Six Sundays in Spring concert series is co-sponsored by the Wake Forest Parks, Recreation & Cultural Resources Department and ARTS Wake Forest. Visitors to the park are reminded that alcoholic beverages, smoking, and unleashed pets are prohibited. Various food truck vendors will be onsite during each concert.



Joyner Park	Apr 26-May 31	Su	5:00-7:00 pm	free	all ages
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Cinema at the Center <<NEW!>>

Bring the whole family to watch free indoor family-friendly movies on the big screen at the Alston- Massenburg Center! Due to licensing regulations, we are unable to advertise the movie titles. Please call the center at 919-554-6189 to see what is playing.

Alst Mass	May 8, Jun 12, Jul 10, Aug 14	F	7:00-9:00 pm	free	all ages
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Midday Music at Centennial Plaza

Spring Midday Music at Centennial Plaza. Area residents are invited to enjoy local musical talent at Town Hall during the lunchtime hour. A dessert vendor will be onsite during each concert. Bring a bag lunch or visit an area restaurant and enjoy the music.

WF Town Hall	May 14, 21, 28 & Jun 4	Th	12:00-1:00 pm	free	all ages
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Movie Nights at Joyner Park

The Wake Forest Parks, Recreation & Cultural Resources Department presents Family Movie Nights at Joyner Park. There will be assorted food vendors on site selling snacks and beverages. Area residents planning to attend are encouraged to arrive early as viewing space may be limited. E. Carroll Joyner Park is located at 701 Harris Road. Visitors to the park are reminded that alcoholic beverages, smoking, and unleashed pets are prohibited.

Joyner Park*	May 23, Jun 20, Jul 25, Aug 8	Sa	8:30 pm	free	all ages
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** In case of inclement weather, the event will be relocated to the Joyner Park Community Center, 701 Harris Rd.*

Family Fitness Day <<NEW!>>

An NRPA initiative, Family Health & Fitness Day is celebrated the second Saturday in June each year. This special day promotes the importance of Parks & Recreation in keeping communities healthy. Join us in the park for music, fun, games, demonstrations, and health and fitness vendors.

Joyner Park*	Jun 13	F	10:00 am-12:00 pm	free	all ages
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**Event will be held in the amphitheater*

Independence Day Celebration

The 2020 Independence Day Celebration is a two-day event that includes the Fireworks Spectacular at Heritage High School, 1150 Forestville Road, on Friday, July 3, followed by the Children's Parade and Art & Games in the Park on Saturday, July 4. All of the events are free and open to the public. Visitors are reminded that alcoholic beverages, smoking, and pets are prohibited. For more information, visit wakeforestnc.gov and search "Independence Day."



Heritage High	Jul 3	F	5:30-9:30 pm	free	all ages
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Family Game Night <<NEW!>>

Come enjoy fun-filled evenings playing board games with the whole family this summer on Wednesday evenings! We provide various games for your convenience, but feel free to bring your favorite from home.

Alst Mass	Jul 1-Aug 26	W	6:00-8:00 pm	free	all ages
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Concert in the Park

Bring a lawn chair and enjoy live music at the park. The performing bands will be announced at a later date. Concert in the Park is sponsored by the Wake Forest Parks, Recreation & Cultural Resources Department. Visitors to the park are reminded that alcoholic beverages, smoking, and unleashed pets are prohibited.

Joyner Park	Sep 6, 13	Su	5:00-7:00 pm	free	all ages
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PARKS & GREENWAYS

PLACES TO PLAY

From our flagship park to the smaller neighborhood parks, Wake Forest offers a wide range of places to explore and enjoy the great outdoors.

E. Carroll Joyner Park

701 Harris Rd.
919-435-9560
HOURS: dawn to dusk



E. Carroll Joyner Park is one of the community's most treasured resources. With 117 acres of sweeping lawns and restored farm buildings, the park is a beautiful setting for public and private events. A magnificent pecan grove offers shade underneath its canopy for picnics. The 1000-seat amphitheater provides the perfect setting for large performances including the "Six Sundays in Spring" concert series. A smaller performance garden offers an intimate venue for weddings, storytelling and music workshops. Amidst the beautiful scenery loop three miles of paved trails for walking, bicycling and in-line skating. Leashed dogs are also welcome to enjoy the trails.

RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Performance Garden	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$75-\$800 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Open Space, Picnic Shelters & Greenways	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk



J. B. Flaherty Park

1226 N. White St.
919-554-6726
HOURS: dawn to dusk

Flaherty Park is a 100-acre facility that includes lighted ball fields, a playground, two stocked ponds, a dog park, tennis courts, pickleball courts and a community center. *See page 9 for center information.*



DOG PARK

FLAHERTY DOG PARK Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The park is approximately two acres in size and is located adjacent to the Flaherty Park baseball and softball fields. The fenced park is divided into two sections: one for small dogs, one for large dogs. Water stations, picnic tables and a pet waste clean-up station are available.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk
Athletic Field(s)	\$150	\$50/hr \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to</i> <i>PRCR/league</i> <i>schedules</i>

See page 9 for Flaherty Park Community Center rental information

Holding Park

133 W. Owen Ave.
919-435-9560
PARK HOURS: dawn to dusk

Holding Park is a five-acre site that features a large playground, basketball courts, picnic tables, the Wake Forest Community House and the new Holding Park Aquatic Center. The aquatic center includes a six-lane, 25-yard lap pool, two water slides with plunge pool and a children's pool with water play.



RENT THIS SITE	Deposit	Rate	Availability
Athletic Field	\$150	\$50/hr \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to</i> <i>PRCR/league</i> <i>schedules</i>

See page 8 for Wake Forest Community House rental information





PARKS															
	Acres	Amphitheater	Baseball/ Softball Field	Basketball Court	Community Center	Dog Park	Fitness Equipment (outdoor)	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground	Pond
Ailey Young Park 800 Juniper Ave.	15		●	●						●		●	●	●	●
DuBois Park 518 N. Franklin St.	0.4			●										●	
E. Carroll Joyner Park 701 Harris Rd.	117	●		●	●		●	●	●	●	●	●	●	●	●
H.L. Miller Park 401 Elm Ave.	2								●				●		
Heritage High Park* 1140 Forestville Rd.	25		●	●					●						●
Holding Park 133 W. Owen Ave.	5		●	●	●					●	●		●	●	●
J.B. Flaherty Park 1226 N. White St.	100		●	●	●	●	●		●	●	●	●	●	●	●
Kiwanis Park 400 E. Holding Ave.	1								●			●	●	●	
Plummer Park 965 Jones Wynd	0.5											●	●	●	
Smith Creek Soccer Center 690 Heritage Lake Rd.	17						●	●	●			●	●	●	
Taylor Street Park 416 N. Taylor St.	1.5				●			●		●		●	●	●	●
Tyler Run Park 830 Pineview Dr.	9		●	●			●		●				●	●	

*Heritage High School park facilities are open to the public after 6 pm on weekdays and dawn to dusk on weekends.

Adopt-a-Trail Program

Would you like to play a role in the betterment of your community? Volunteers are invited to help in the beautification of our greenway trails. The Adopt-a-Trail Program is designed to promote civic responsibility and community pride.

Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects designed to improve the aesthetics or functionality of the Town's greenways.

For more information visit wakeforestnc.gov and search "adopt a trail."



Download the Town of Wake Forest app

Download the free Town of Wake Forest app to access maps to the parks directly from your smartphone. Receive time-sensitive news messages. Enjoy instant access to popular community events. Search for "Town of Wake Forest" on iTunes, in the iPhone app store or in Google Play.



GREENWAYS			
	Paved (P), Soft Trail (S)	Fitness Equipment	Length in Miles
E. Carroll Joyner Park 701 Harris Rd.	P	●	3.0 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	P		1.3 mi.
H.L. Miller Park 401 Elm Ave.	P		0.4 mi.
J.B. Flaherty Park 1226 N. White St.	P	●	0.25 mi.
Kiwanis Greenway 706 S. Franklin St.	P		0.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	P		0.45 mi.
Sanford Creek Heritage South Greenway	P	●	3.93 mi.
Smith Creek Burlington Mills Greenway 2912 Burlington Mills Rd.	P		1.15 mi.
Smith Creek Soccer Center 690 Heritage Lake Rd.	P	●	2.42 mi.
Tyler Run Park 830 Pineview Dr.	P	●	0.12 mi.
Wake Forest Reservoir Traditions Grande Blvd.	S		1.6 mi.

Park & Trail Rules

- Parks and greenways are open daily dawn to dusk.
- Smoking is limited to parking areas only.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.
- Motorized vehicles are not permitted.
- Please lock vehicle doors and windows, and do not leave valuables visible.

Trail Safety Tips

- Remain on the right side of the trail except when passing.
- Bicyclists and skaters must always yield the right of way to pedestrians.
- Greenway patrons are encouraged to walk or jog with a friend.

Athletic Fields

Baseball/softball fields are located at Ailey Young Park, J.B. Flaherty Park, R.H. Forrest Field, Heritage High School, Tyler Run Park and Wake Forest Middle School.

Soccer fields are located at Heritage High School, Smith Creek Soccer Center and Wake Forest Middle School.

See pages 5-7 for park locations and list of amenities.

FIELD INFORMATION: 919-435-9560

RENT THIS SITE	Deposit	Rates	Availability
Athletic Field	\$150	\$50/hr \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to PRCR/league schedules</i>

Wake Forest Reservoir

Located off of Traditions Grande Boulevard, the Wake Forest Reservoir is open for paddle and electric powered boats. A small concrete boat ramp is adjacent to the parking area. Hikers can explore the 1.6 mile trail which follows the west bank of the lake.



Wake Forest's community centers are gathering spots for

Alston-Massenburg Center

416 N. Taylor St. | 919-554-6189

HOURS: Mon-Fri 12 pm-8 pm; Sat 8 am-4 pm;
Sun 1-5 pm

AMENITIES: Large meeting room with a stage, theater curtains and kitchen. The center adjoins Taylor Street Park which has a playground, picnic shelter and sprayground.



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Large Meeting Room	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Sat & Sun only:</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	24 tables 125 chairs available

Wake Forest Community House

133 W. Owen Ave. | 919-435-9560

HOURS: Open for scheduled programs and private rentals

AMENITIES: The Wake Forest Community House was built in 1942 by the Works Progress Administration. It now serves as a charming site for reunions, receptions and park programs. The Community House includes a kitchen and adjoins the Holding Park Aquatic Center and playground. To rent the Community House, call 919-435-9560 or visit the PRCR office at Joyner Park Community Center.



Compare Amenities	Available for Rent	Class/Program Room	Dance Studio	Fitness Equipment	Game Room	Gymnasium	Indoor Walking Track	Kitchen	Locker Rooms/Showers	Meeting Room	Performance Stage	Swimming Pool
COMMUNITY CENTERS & FACILITIES												
Alston-Massenburg Center 416 N. Taylor St.	●	●						●		●	●	
Flaherty Park Community Center 1226 N. White St.	●	●			●	●		●		●		
Holding Park Aquatic Center 133 W. Owen Ave.												●
Joyner Park Community Center 701 Harris Road	●	●	●	●		●	●	●	●	●		
Wake Forest Community House 133 W. Owen Ave.	●							●		●		
Wake Forest Renaissance Centre for the Arts 405 S. Brooks St.	●	●								●	●	

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Fri, Sat & Sun</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	27 tables 170 chairs available



Getting married?
Consider renting a town facility for your special day.

COMMUNITY CENTERS

AND RENTAL FACILITIES

fun and recreation – the perfect location for your next special event.

Joyner Park
Community Center

701 Harris Road | 919-435-9560

HOURS: Mon-Fri 6 am-10 pm;
Sat 8 am-4 pm; Sun 1-5 pm

AMENITIES: Gymnasium, indoor walk-
ing track, cardio equipment, dance
studio, meeting rooms, kitchen,
locker rooms and showers

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball.
Check the website for monthly open play schedules: wakeforestnc.gov, search
"Joyner Park Community Center."



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$90/hr- \$300/hr <i>Two hour minimum.</i> <i>See website for details</i>	Sat & Sun only	Fits 522 chairs or 300 chairs plus tables*
Kitchen	–	Add-on fees range from \$35-\$150	Daily	–
Multipurpose Room (1/2 room)	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$40/hr- \$160/hr <i>Two hour minimum.</i> <i>See website for details</i>	Mon-Fri	42 chairs, 8 tables available
Multipurpose Room (entire room)	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$80/hr- \$320/hr <i>Two hour minimum.</i> <i>See website for details</i>	Mon-Fri	86 chairs, 16 tables available
Multipurpose Room (entire room)	\$150 <i>individual</i> \$350 <i>business</i>	Half-day rates range from \$150-\$450; Full-day rates range from \$300-\$1,200 <i>See website for details</i>	Sat & Sun	86 chairs, 16 tables available
Supervisory Fee for After- hours	–	\$15/hr <i>Mon-Fri 10 pm-midnight, Sat 4 pm-midnight, Sun 5 pm-midnight</i>	Daily	–

*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

Flaherty Park Community
Center

1226 N. White St. | 919-554-6726

HOURS: Mon-Fri 8 am-10 pm;
Sat 8 am-4 pm; Sun 1-5 pm

AMENITIES: Gymnasium, arts & crafts room,
game room, meeting room with adjoining kitchen

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball.
Check the website for monthly open play schedules: wakeforestnc.gov, search
"Flaherty Park."



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$75/hr- \$300/hr <i>Two hour minimum.</i> <i>See website for details</i>	Sat & Sun only	Fits 550 chairs or 330 chairs plus tables*
Meeting Room	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$40/hr- \$160/hr <i>Two hour minimum.</i> <i>See website for details</i>	Sat & Sun only	4 tables 20 chairs available
Open Space	\$50 <i>individual</i> \$150 <i>business</i>	Rates range from \$15/hr- \$150/hr <i>Two hour minimum. See website for details</i>	Daily	–

*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

Wake Forest Renaissance Centre for the Arts

405 S. Brooks St. | 919-435-9458 | Event Hotline: 919-435-9428

Arts Annex: 407 S. Brooks St.

The Wake Forest Renaissance Centre for the Arts is a multi-purpose facility providing visual and performing arts programming for people of all ages, while also serving as a popular venue for a variety of community events.

AMENITIES: Grand hall, performance
stage, meeting rooms, food staging area, dressing room

RENTAL INFORMATION: The Renaissance Centre and Arts Annex are available for meet-
ings, weddings, performances and other special events. For rental fees and further
information, visit wakeforestrencen.org or call 919-435-9458.



PRESCHOOL

PROGRAMS & CLASSES

Geared for our youngest residents, these classes help preschoolers learn about the world through exploration.



Art

Toddler Art

Parents and their children are invited to join fun and exciting one-day themed workshops! Participants will explore different themes through hands-on arts and craft projects and a story time with Mr. Moo Monet. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Sa	9:00-10:00 am	Mar 14	<i>Easter Egg Eggstravaganza</i>	\$35 \$20 <i>RD</i>	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	Apr 18	<i>April Showers</i>	\$35 \$20 <i>RD</i>	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	May 16	<i>May Flowers</i>	\$35 \$20 <i>RD</i>	18 mos-3 yrs



Preschool Art

Parents and their children are invited to join fun and exciting one-day themed workshops! Participants will explore different themes through hands-on arts and craft projects and a story time with Mr. Moo Monet. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Sa	10:30-11:30 am	Mar 14	<i>Easter Egg Eggstravaganza</i>	\$35 \$20 <i>RD</i>	ages 3-5
Flah Park	Sa	10:30-11:30 am	Apr 18	<i>April Showers</i>	\$35 \$20 <i>RD</i>	ages 3-5
Flah Park	Sa	10:30-11:30 am	May 16	<i>May Flowers</i>	\$35 \$20 <i>RD</i>	ages 3-5

Music

Mini Mozarts «NEW!»

Come out with your young musician to make wonderful music together! Each week, we will engage in the universal language of music as we clap, sing, march, play, dance, and imagine. Your little musician will develop their innate sense of self-expression through music all while having fun bonding with you. Parent/caretaker participation required. Each session is six weeks. **INSTRUCTOR:** Amanda Bachand

Flah Park	W	9:45-10:30 am	Mar 4-Apr 8	\$69 \$54 <i>RD</i>	18 mos-3 yrs
Flah Park	W	9:45-10:30 am	Apr 22-May 27	\$69 \$54 <i>RD</i>	18 mos-3 yrs
Flah Park	W	9:45-10:30 am	Jul 29-Sep 2	\$69 \$54 <i>RD</i>	18 mos-3 yrs

Budding Beethovens «NEW!»

Warm up those singing voices! Your preschooler will find their inner musician as they connect to music through movement; use props and instruments to interpret songs; play rhythmic games to increase listening skills; and sing in a variety of imaginative ways. Join us as we build confidence and have fun making music! Each session is six weeks with an "open house" performance on the final week. **INSTRUCTOR:** Amanda Bachand

Flah Park	W	10:45-11:30 am	Mar 4-Apr 8	\$69 \$54 <i>RD</i>	ages 3-5
Flah Park	W	10:45-11:30 am	Apr 22-May 27	\$69 \$54 <i>RD</i>	ages 3-5
Flah Park	W	10:45-11:30 am	Jul 29-Sep 2	\$69 \$54 <i>RD</i>	ages 3-5

Dance

Mini Tutu Toddlers

Come and join us for creativity, music, and movement with your little ballerina or dancer! This class will give children a magical introduction to music and movement whether it is marching like soldiers or tippy toeing like fairies! **REQUIREMENTS:** comfortable, easy to move in clothing and ballet shoes. Tutus welcome! **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	9:30-10:00 am	Mar 2-30*	\$55 \$40 RD	ages 2-3
Alst Mass	M	9:30-10:00 am	Apr 20-May 11	\$55 \$40 RD	ages 2-3
Alst Mass	M	9:30-10:00 am	Aug 3-24	\$55 \$40 RD	ages 2-3

*No class Mar 9

Magical Ballerinas

Join us in discovering the magic of ballet by exploring the enchanted worlds of new ballets enhanced by the music of the classical composers. Each week, your little ballerina will learn ballet characters, classical music from that ballet, and the themes of each ballet! **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: Flexible gym shorts, t shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	10:15-10:45 am	Mar 2-30*	\$55 \$40 RD	ages 3-4
Alst Mass	M	10:15-10:45 am	Apr 20-May 11	\$55 \$40 RD	ages 3-4
Alst Mass	M	10:15-10:45 am	Aug 3-24	\$55 \$40 RD	ages 3-4

*No class Mar 9

Mini Prima Ballerinas

Mini Prima Ballerinas will focus on the fundamentals of ballet technique getting your ballerina ready for a more disciplined art! This class will create a balance between structure and creativity as well as talking about different ballets, characters and music. **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: Flexible gym shorts, t shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	11:00-11:30 am	Mar 2-30*	\$55 \$40 RD	ages 4-6
Alst Mass	M	11:00-11:30 am	Apr 20-May 11	\$55 \$40 RD	ages 4-6
Alst Mass	M	11:00-11:30 am	Aug 3-24	\$55 \$40 RD	ages 4-6

*No class Mar 9

Dance 4 Tots I

This class is led by a dedicated instructor and will have your little one on their tiny feet in no time! They will learn ballet, tap, music and creative movement on a weekly basis. They will explore movements that teach them the difference from their left and right, how to balance, hop, skip, and jump. Additionally, they will learn coordination skills through dances to music. **REQUIREMENTS:** Girls: Leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of face. Boys: White t-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

WFCH	W	6:30-7:00 pm	Mar 4-Apr 8	\$65 \$50 RD	ages 2-5
Alst Mass	Th	6:00-6:30 pm	Mar 5-Apr 9	\$65 \$50 RD	ages 2-5
Flah Park	Sa	9:00-9:30 am	Mar 7-Apr 11	\$65 \$50 RD	ages 2-5
JPCC	W	6:30-7:00 pm	Apr 22-May 27	\$65 \$50 RD	ages 2-5
JPCC	Th	6:00-6:30 pm	Apr 23-May 28	\$65 \$50 RD	ages 2-5
JPCC	Sa	9:00-9:30 am	Apr 25-May 30	\$65 \$50 RD	ages 2-5
JPCC	Sa	9:00-9:30 am	Jun 6-27	\$60 \$45 RD	ages 2-5
JPCC	W	6:30-7:00 pm	Jun 10-Jul 15	\$65 \$50 RD	ages 2-5
JPCC	Th	6:00-6:30 pm	Jun 11-Jul 16	\$65 \$50 RD	ages 2-5
JPCC	W	6:30-7:00 pm	Jul 29-Aug 19	\$60 \$45 RD	ages 2-5
JPCC	Th	6:00-6:30 pm	Jul 30-Aug 20	\$60 \$45 RD	ages 2-5
JPCC	Sa	9:00-9:30 am	Aug 8-29	\$60 \$45 RD	ages 2-5



PRESCHOOL

Performance Dance 4 Tots II

This technical and foundational building class will include skills from the Dance 4 TOTS class and build upon each other in each monthly session. Students will participate in shows, parades and end of year recitals. Additional costume fees required. Consistency in class sessions is a requirement. Students will learn ballet, tap, music and creative movement on a weekly basis. Movement exploration will help teach difference between left and right, how to balance, hop, skip, and jump. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of face. Boys: white t-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

WFCH	W	7:00-7:30 pm	Mar 4-Apr 8	\$70 \$55 <i>RD</i>	ages 4-7
JPCC	W	7:00-7:30 pm	Apr 22-May 27	\$70 \$55 <i>RD</i>	ages 4-7
JPCC	W	7:00-7:30 pm	Jun 10-Jul 15	\$70 \$55 <i>RD</i>	ages 4-7
JPCC	W	7:00-7:30 pm	Jul 29-Aug 19	\$55 \$40 <i>RD</i>	ages 4-7

Open Play

Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! We will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park	M	10:45-11:45 am	ongoing	free*	18 mos-5 yrs
Flah Park	Th	11:00 am-12:00 pm	ongoing	free*	18 mos-5 yrs

**Non-residents must purchase a RecCard membership to participate*

Preschool Open Gym

Watching a rambunctious little rascal can really tire a parent out. Why not let your energetic tyke play with others while you both make some new friends? We will provide plenty of things to play with and climb in, around and over. No instruction or supervision will be provided and parents/caregivers are required to supervise their child.

Flah Park	M	11:45 am-1:00 pm	ongoing	\$5/child free <i>RD</i> *	ages 0-5
JPCC	Tu	9:00 am-12:00 pm	ongoing**	\$5/child free <i>RD</i> *	ages 0-5
JPCC	W	9:00 am-12:00 pm	ongoing**	\$5/child free <i>RD</i> *	ages 0-5
Flah Park	Th	12:00-1:30 pm	ongoing	\$5/child free <i>RD</i> *	ages 0-5
JPCC	F	9:00-11:30 am	ongoing**	\$5/child free <i>RD</i> *	ages 0-5

**Non-residents must pay \$5 per child or purchase a RecCard membership to participate*

***Schedule may vary Jun-Aug due to summer camps*



Athletics

Soccer Rockers

Let's kick it! Begin to develop your little kickers' skills in this fun and exciting soccer class. Participants will be taught the basics and **FUNDamentals** of soccer. Instructed and led by Fabrice Shema, former D1 collegiate national championship soccer player, participants will make new friends while learning teamwork and sportsmanship.

INSTRUCTOR: Fabrice Shema, Hoopers Elite

Joyner Park*	Sa	10:00-11:00 am	Mar 7-Apr 18**	\$95 \$80 <i>RD</i>	ages 3-5
Joyner Park*	Sa	10:00-11:00 am	May 2-Jun 6	\$95 \$80 <i>RD</i>	ages 3-5
Joyner Park*	Sa	10:00-11:00 am	Jul 11-Aug 15	\$95 \$80 <i>RD</i>	ages 3-5

**Classes will be held in Overflow Field directly in front of community center*

***No class Mar 28*

Preschool Hoops

SWISH! Begin to develop your little ballers' skills in this fun and exciting basketball class. Participants will be taught the basics and **FUNDamentals** of basketball including dribbling, passing, shooting, and defense. Educated by former professional basketball player JJ Miller, this is an opportunity you can't miss! **INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	8:00-9:00 am	Mar 7-28	\$75 \$60 <i>RD</i>	ages 4-6
Flah Park	Sa	8:00-9:00 am	Apr 13-May 9	\$75 \$60 <i>RD</i>	ages 4-6
Flah Park	Sa	8:00-9:00 am	May 30-Jun 20	\$75 \$60 <i>RD</i>	ages 4-6
Flah Park	Sa	8:00-9:00 am	Jul 18-Aug 8	\$75 \$60 <i>RD</i>	ages 4-6

Kidokinetics Jr. Sports & Fitness (with caregiver)

Move, stretch and build confidence together while learning fundamental gross motor and sports skills. Engaging children in active play encourages a positive attitude towards active play and physical activity. Benefits include increased social stimulation, improved muscle strength and coordination and dedicated play time with your child! Activities include a variety of age appropriate sports, games and activities. **INSTRUCTOR:** Kidokinetics Triangle NC

Flah Park	Th	10:00-10:45 am	Feb 6-27	\$55 \$40 <i>RD</i>	18 mos-3 yrs
Flah Park	Th	10:00-10:45 am	Mar 12-Apr 2	\$55 \$40 <i>RD</i>	18 mos-3 yrs

Kidokinetics Preschool Sports & Fitness

Move, stretch and build confidence together while learning fundamental gross motor and sports skills. Engaging children in active play encourages a positive attitude towards sports and physical activity. Benefits include increased social stimulation, improved muscle strength and coordination and dedicated play time with your child! Activities include a variety of age appropriate sports, games and activities. **INSTRUCTOR:** Kidokinetics Triangle NC

Flah Park	Th	11:00-11:45 am	Feb 6-27	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	Tu	10:00-10:45 am	Feb 18-Mar 10	\$55 \$40 <i>RD</i>	ages 2-5
Flah Park	Th	11:00-11:45 am	Mar 12-Apr 2	\$55 \$40 <i>RD</i>	ages 3-5

Tiny-Hawk Multi-Sport Clinics «NEW!»

Tiny-Hawk multi-sport programs help preschoolers fine-tune their motor skills in soccer and baseball. This multi-sport program is to give children a positive first step into athletics. Each sport is taught in a safe, structured environment filled with encouragement and fun. Through games and activities, kids explore balance, hand/eye coordination, and skill development at their own pace. **INSTRUCTOR:** Triangle Skyhawks

Joyner Park*	W	5:00-5:45 pm	Mar 25-Apr 29	\$94 \$79 <i>RD</i>	ages 3-4
Joyner Park*	W	6:00-6:45 pm	Mar 25-Apr 29	\$94 \$79 <i>RD</i>	ages 4-6
Joyner Park*	F	9:00-9:45 am	Mar 27-May 1	\$94 \$79 <i>RD</i>	ages 3-4
Joyner Park*	F	10:00-10:45 am	Mar 27-May 1	\$94 \$79 <i>RD</i>	ages 4-6

**Class will be held in Overflow Field directly in front of community center*

Fitness

Preschool Kogi Yogi «NEW!»

Kogi Yogi is stress management for kids! The class will implement the amazing Kogi Yogi system that incorporates cardiovascular conditioning, fun and original music, plus all the traditional benefits of yoga – meditation, breathing techniques, peace, and relaxation. Yoga mat provided. **INSTRUCTOR:** Ashley Johnson



JPCC	Tu	5:30-6:00 pm	Apr 7-28	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	Tu	5:30-6:00 pm	May 5-26	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	Tu	5:30-6:00 pm	Jun 2-23	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	Tu	5:30-6:00 pm	Jul 7-28	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	Tu	5:30-6:00 pm	Aug 4-25	\$55 \$40 <i>RD</i>	ages 3-5

Zumbini™ «NEW!»

Zumbini™ focuses on early childhood development through music and movement. This fun, interactive class allows kids to dance, sing, play instruments and enhance their social and emotional development. The class format includes both large movement and smaller movement (seated and singing). Come and join the awesome bonding time with your little one. Includes a Welcome Package with cd/book to follow along at home. Caregiver participation required. **INSTRUCTOR:** Jillian Ocasio

WFCH	Tu	10:00-10:45 am	Feb 4*	free	ages 3-5
WFCH	Tu	10:00-10:45 am	Mar 3-24	\$65** \$50** <i>RD</i>	ages 3-5
WFCH	Th	10:00-10:45 am	Mar 5-26	\$65** \$50** <i>RD</i>	ages 3-5
WFCH	Tu	10:00-10:45 am	Mar 31*	free	ages 3-5
WFCH	Tu	10:00-10:45 am	Apr 21-May 12	\$65** \$50** <i>RD</i>	ages 3-5
WFCH	Th	10:00-10:45 am	Apr 23-May 14	\$65** \$50** <i>RD</i>	ages 3-5

**Free demo classes held Feb 4 & Mar 31
**One-time \$35 registration fee required*

Culinary Arts

Create Fun Snacks Together! «NEW!»

Enjoy this special mommy and me time creating a fun drink, something savory and something sweet! Work with your child with step by step directions making a fun mini meal that you can repeat at home. No nuts. Dairy, egg and wheat may be used. No previous cooking skills required. Parent or guardian required. **INSTRUCTOR:** Christine Sadel

JPCC	F	10:30 am-12:00 pm	Mar 6	\$30/couple \$15/couple <i>RD</i>	ages 3-5
JPCC	F	12:30-2:00 pm	Mar 6	\$30/couple \$15/couple <i>RD</i>	ages 3-6
JPCC	F	10:30 am-12:00 pm	Apr 17	\$30/couple \$15/couple <i>RD</i>	ages 3-5
JPCC	F	12:30-2:00 pm	Apr 17	\$30/couple \$15/couple <i>RD</i>	ages 3-6

Education

A Touch of Kindergarten «NEW!»

Looking to introduce your child to the exciting world of kindergarten? Children will be given the opportunity to enjoy "Morning Meeting," be introduced to Letterland, work with manipulatives, practice writing their names and create a craft that goes along with that day's lesson. **INSTRUCTOR:** Jennifer Rose

JPCC	Tu	10:00-10:45 am	Apr 14-Jun 2	\$95 \$80 <i>RD</i>	ages 4-5
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YOUTH

PROGRAMS & CLASSES



Art

Art for Teens & Youth

New students will start by drawing, learning shape, value, and shading. Afterwards they may paint or continue drawing. Returning students can choose their media: acrylics, watercolors, pencils, and ink. Will work with a variety of subject matters. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00-2:30 pm	Feb 26-Apr 1	\$80 \$65 <i>RD</i>	ages 10-16
Flah Park	W	1:00-2:30 pm	Apr 15-May 6	\$69 \$54 <i>RD</i>	ages 10-16
Flah Park	W	1:00-2:30 pm	Aug 5-Sep 9	\$80 \$65 <i>RD</i>	ages 10-16

Music

Rhythm Kids Drumming **«NEW!»**

Group drumming has been proven to reduce stress, boost the immune system, release pent emotions, foster inclusion, and promote creativity. And bonus, it's SUPER FUN! Drums will be provided by instructor. No experience necessary. Noise canceling headphones will be available upon request. **INSTRUCTOR:** Gregg Whitt, Drum for Change



JPCC	Th	6:00-7:00 pm	Apr 9	\$10*	ages 10+
JPCC	Th	6:00-7:00 pm	Jun 11	\$10*	ages 10+

**Pre-registration required, \$10 late fee assessed after deadline*

Wake Forest Community Youth Choirs – Spring Session

Our mission is to provide an opportunity for young singers in the Wake Forest area to learn a wide variety of high-quality choral repertoire, both sacred and secular, and to share it with the community. We are committed to having membership that is open to all children and youth. Auditions are required for all but the primary choir. To register for an audition and find out more, visit our website at wakeforestyouthchoirs.org or email the director at wakeforestyouthchoirs@gmail.com. **DIRECTOR:** Kasie Brooks



Ren Ctr	Tu	5:00-5:30 pm	Primary Choir	Jan 7-May 5*	\$110**	K-grade 3
Ren Ctr	Tu	5:30-6:30 pm	Children's Choir	Jan 7-May 5*	\$165**	grades 4-8
Ren Ctr	Tu	6:30-7:30 pm	Youth Chorale	Jan 7-May 5*	\$165**	grades 9-12

**No rehearsal Apr 7; Spring Concert May 5
**All materials and choir shirt included*

Dance

Performance Creative Combo Dance **«NEW!»**

This class will be your student's favorite! Everyone loves the opportunity to explore the new dance moves, while also mastering the classic moves they learned as a TOT. Your student will get a creative mix of ballet, jazz, hip hop, and tap on a weekly basis. Our amazing instructor will make sure everyone gets individual attention while keeping the class collaborative as they learn the basic foundational skills of dance in these four techniques. This class is a technical and foundational building class that will include skills that build upon each other in each monthly session. Students will participate in shows, parades and end of year recitals. Additional costume fees required. Consistency in class sessions is a requirement. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of face. Boys: white t-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

Flah Park	W	7:30-8:00 pm	Mar 4-Apr 8	\$65 \$50 <i>RD</i>	ages 7-14
JPCC	W	7:30-8:00 pm	Apr 22-May 27	\$65 \$50 <i>RD</i>	ages 7-14
JPCC	W	7:30-8:00 pm	Jun 10-Jul 15	\$65 \$50 <i>RD</i>	ages 7-14
JPCC	W	7:30-8:00 pm	Jul 29-Aug 19	\$60 \$45 <i>RD</i>	ages 7-14



KRUMP Dance

Krump Dancing has been a phenomenal, powerful, and emotional dance style. Receive hands on training, and learn to make power an art. **INSTRUCTOR:** Krump Dancer Lycan

JPCC	M	5:30-6:30 pm	Apr 6-May 11	\$65 \$50 <i>RD</i>	ages 8-13
JPCC	M	5:30-6:30 pm	Jun 1-Jul 13*	\$65 \$50 <i>RD</i>	ages 8-13
JPCC	M	5:30-6:30 pm	Jul 20-Aug 24	\$65 \$50 <i>RD</i>	ages 8-13

*No class Jul 6

KRUMP Movement

This is a dance aerobics class with professional KRUMP Dancer Wise Tha Lycan. We use the movements for energy boosting, body toning and a muscle building workout. Let Lycan show you how the KRUMP dance style can get you in shape in a fun way! **INSTRUCTOR:** Wise Tha Lycan

Ren Ctr	Sa	10:00-11:30 am	Mar 7-28	\$25	ages 10+
Ren Ctr	Sa	10:00-11:30 am	May 2-23	\$25	ages 10+

Hip Hop Explosion Beginner

Is your little one always dancing when the radio comes on? Do they enjoy high energy movement? If so, this is a great beginner class for your young hip hop creative mover. Our amazing teacher will teach your young students hip hop dance choreography that is fun, creative, and energizing. Students will enjoy performing these movements while creating dances that will exhibit today's latest dance moves and music styles. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music. Your student will have the wonderful experience of exploring the creative world of Hip Hop Dance. **REQUIREMENTS:** Comfortable workout clothes or shorts and t-shirt. Sneakers or jazz/hiphop shoes. **INSTRUCTOR:** Monet Dance Performing Arts Studio

Flah Park	W	5:30-6:00 pm	Mar 4-Apr 8	\$65 \$50 <i>RD</i>	ages 4-6
JPCC	W	5:30-6:00 pm	Apr 22-May 27	\$65 \$50 <i>RD</i>	ages 4-6
JPCC	W	5:30-6:00 pm	Jun 10-Jul 15	\$65 \$50 <i>RD</i>	ages 4-6
JPCC	W	5:30-6:00 pm	Jul 29-Aug 19	\$60 \$45 <i>RD</i>	ages 4-6

Hip Hop Explosion Juniors

Your child will be extremely excited about this energetic class! Our amazing teacher will teach students hip hop dance choreography that is fun, creative, and challenging. Students will enjoy performing these movements while creating dances that will exhibit today's latest dance moves and music styles. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music. Your student will have the wonderful experience of exploring the creative world of Hip Hop Dance Style. **REQUIREMENTS:** Comfortable workout clothes or shorts and t-shirt. Sneakers or jazz/hiphop shoes. **INSTRUCTOR:** Monet Dance Performing Arts Studio

Flah Park	W	6:00-6:30 pm	Mar 4-Apr 8	\$65 \$50 <i>RD</i>	ages 7-13
Alst Mass	Th	6:30-7:00 pm	Mar 5-Apr 9	\$65 \$50 <i>RD</i>	ages 9-15
JPCC	W	6:00-6:30 pm	Apr 22-May 27	\$65 \$50 <i>RD</i>	ages 7-13
JPCC	Th	6:30-7:00 pm	Apr 23-May 28	\$65 \$50 <i>RD</i>	ages 9-15
JPCC	W	6:00-6:30 pm	Jun 10-Jul 15	\$65 \$50 <i>RD</i>	ages 7-13
JPCC	Th	6:30-7:00 pm	Jun 11-Jul 16	\$65 \$50 <i>RD</i>	ages 9-15
JPCC	W	6:00-6:30 pm	Jul 29-Aug 19	\$60 \$45 <i>RD</i>	ages 7-13
JPCC	Th	6:30-7:00 pm	Jul 30-Aug 20	\$60 \$45 <i>RD</i>	ages 9-15

"Bring It" Majorette/Dance Style

Join this high-energy, synchronized, rhythmic dance building class that will have you wanting more! The moves and technique draw from ballet, jazz, modern dance, hip hop, and gymnastics. This movement class challenges your discipline, originality, passion, and teaches you to compete with yourself to become the best dancer! Commitment is recommended but not required. This one-hour class is designed to build dancer's strength, technique, and stamina throughout each session. **REQUIREMENTS:** Comfortable athletic or dance clothes, "Slip-On Jazz Shoe" recommended but not required or barefoot (bring socks). **INSTRUCTOR:** Monet Performing Arts Studio

Alst Mass	Sa	9:00-10:00 am	Feb 15	free*	ages 8-16
Alst Mass	Th	7:00-8:00 pm	Mar 5-Apr 9	\$105 \$90 <i>RD</i>	ages 8-16
JPCC	Th	7:00-8:00 pm	Apr 23-May 28	\$105 \$90 <i>RD</i>	ages 8-16
JPCC	Th	7:00-8:00 pm	Jun 11-Jul 16	\$105 \$90 <i>RD</i>	ages 8-16
JPCC	Th	7:00-8:00 pm	Jul 30-Aug 20	\$90 \$75 <i>RD</i>	ages 8-16
Flah Park	Sa	1:00-2:00 pm	Mar 7-28	\$90 \$75 <i>RD</i>	ages 8-16
JPCC	Sa	1:00-2:00 pm	Aug 1-22	\$90 \$75 <i>RD</i>	ages 8-16

*Free demo, pre-registration required

Performance Dance 4 Tots II <<NEW!>>

This technical and foundational building class will include skills from the Dance 4 TOTS class and build upon each other in each monthly session. Students will participate in shows, parades and end of year recitals. Additional costume fees required. Consistency in class sessions is a requirement. Students will learn ballet, tap, music and creative movement on a weekly basis. Movement exploration will help teach difference between left and right, how to balance, hop, skip, and jump. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of face. Boys: white t-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

WFCH	W	7:00-7:30 pm	Mar 4-Apr 8	\$70 \$55 <i>RD</i>	ages 4-7
JPCC	W	7:00-7:30 pm	Apr 22-May 27	\$70 \$55 <i>RD</i>	ages 4-7
JPCC	W	7:00-7:30 pm	Jun 10-Jul 15	\$70 \$55 <i>RD</i>	ages 4-7
JPCC	W	7:00-7:30 pm	Jul 29-Aug 19	\$55 \$40 <i>RD</i>	ages 4-7

Introduction to Ballet <<NEW!>>

This new class introduces your student to the wonder world of ballet. In this class, your child will learn basic ballet positions, barre, across the floor, and the magical history of the ballet. They will explore fun movements, technique, and the beautiful art of the ballet dance expression! **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt recommended, pink ballet shoes, hair pulled up and out of face. Boys: white t-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes. **INSTRUCTOR:** Monet Dance Performing Arts Studio

Flah Park	Sa	9:30-10:00 am	Mar 7-Apr 11	\$65 \$50 <i>RD</i>	ages 5-8
JPCC	Sa	9:30-10:00 am	Apr 25-May 30	\$65 \$50 <i>RD</i>	ages 5-8
JPCC	Sa	9:30-10:00 am	Jun 6-27	\$60 \$45 <i>RD</i>	ages 5-8
JPCC	Sa	9:30-10:00 am	Aug 8-29	\$65 \$50 <i>RD</i>	ages 5-8

Monet Dance Parties

Twinsie Valentine Dance <<NEW!>>

Need a night out or just an hour? Why not on Valentine's day with your sweetie. Dress your little darlings up in their prettiest outfit and make it a double date with a twist! Best friends dressed in their prettiest outfits like twins enjoying an hour of valentine music, learning the latest dances, sharing, and exchanging valentines. **INSTRUCTOR:** Monet Dance Performing Arts Studio



JPCC	F	6:00-7:00 pm	Feb 14	\$30 \$15 <i>RD</i>	ages 4-10
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March Winds Dance-A-Thon <<NEW!>>

Dance until you drop! This fun, energetic 45-minute class is designed to see who can dance the longest and the strongest. With some of the greatest hits playing you have to keep up to win fun games and prizes. **INSTRUCTOR:** Monet Performing Arts Studios

Alst Mass	Sa	2:00-2:45 pm	Mar 14	\$30 \$15 <i>RD</i>	ages 4-10
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Easter Bunny Hop Dance Party <<NEW!>>

Family fun for the kid in all of us. Dance our way to finding the Easter Eggs. Great music, fun, and dance for the entire family. Join us as we have a community Bunny Hop to find the missing Easter Eggs. Pre-registration required. **INSTRUCTOR:** Monet Performing Arts Studios.

JPCC	Sa	1:00-2:00 pm	Apr 11	\$25 \$10 <i>RD</i>	ages 4-10
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Unicorn Bestie Dance Star Party <<NEW!>>

Bring a bestie and your best unicorn outfit with lots of bright colors and dance to the greatest radio hits learning the newest dance moves. Make sure you and your bestie are picture perfect for the photo shoot for Mom and Dad to post of your accomplished dance moves on social media... you are the star on this day! **INSTRUCTOR:** Monet Performing Arts Studios

JPCC	Sa	1:00-2:00 pm	May 16	\$35 \$20 <i>RD</i>	ages 4-10
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Beach Party Dance <<NEW!>>

Beach balls, bathing suits, and sunglasses are all you need for this super fun dance class. We've got the summer tunes and dance moves to get you moving. Jump right in to this beach party dance class while there is still room on the sand! **INSTRUCTOR:** Monet Performing Arts Studios

JPCC	Sa	1:00-1:45 pm	Jun 27	\$30 \$15 <i>RD</i>	ages 4-10
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Red, White & Blue Dance-A-Thon <<NEW!>>

It is time to celebrate our country with dance! Come join us in our patriotic tribute to the great USA with our red white and blue dance a thon. We are going to dance to the greatest hits ever made celebrating this great country! Fun games, prizes and more for the best dressed American. **DRESS REQUIREMENTS:** Comfortable clothes in colors red, white, and/or blue. No political figures or symbols. **INSTRUCTOR:** Monet Performing Arts Studios

JPCC	Sa	1:00-1:45 pm	Jul 18	\$30 \$15 <i>RD</i>	ages 4-10
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Back to School Dance Party <<NEW!>>

Are your kids bummed that school is about to start? Well let's give them one last great dance party to kick off the new school year! Great music, energetic moves, and an hour for you to do last minute school shopping! **DRESS REQUIREMENTS:** Comfortable dress, sneakers, barefoot. **INSTRUCTOR:** Monet Performing Arts Studios

JPCC	Sa	2:00-2:45 pm	Aug 8	\$30 \$15 RD	ages 4-10
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Fitness**Kogi Yogi Yoga for Kids** <<NEW!>>

Kogi Yogi is a stress management system that incorporates cardiovascular conditioning, fun and original music, plus all the traditional benefits of Yoga - meditation, breathing techniques, peace, and relaxation. **INSTRUCTOR:** Ashley Johnson, KOGI YOGI

JPCC	Tu	6:05-6:50 pm	Apr 7-28	\$55 \$40 RD	ages 6-11
JPCC	Tu	6:05-6:50 pm	May 5-26	\$55 \$40 RD	ages 6-11
JPCC	Tu	6:05-6:50 pm	Jun 2-23	\$55 \$40 RD	ages 6-11
JPCC	Tu	6:05-6:50 pm	Jul 7-28	\$55 \$40 RD	ages 6-11
JPCC	Tu	6:05-6:50 pm	Aug 4-25	\$55 \$40 RD	ages 6-11

Teen**Kings Dominion Teen Trip** <<NEW!>>

Calling all teens! The Wake Forest Parks and Rec department is geared up to start your summer off right! Join us for a day packed with roller coasters and fun! Grab a friend and let's hit the park!



JPCC*	Tu	8:00 am-9:00 pm	Jun 16	\$91 \$76 RD	ages 13-17
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*Depart from the lobby of JPCC

Teen Night

Come chill in a fun and safe environment while enjoying some music, snacks and games!

Alst Mass	F	6:00-9:00 pm	May 15	free*	ages 13-18
Alst Mass	F	6:00-9:00 pm	Jun 19	free*	ages 13-18
Alst Mass	F	6:00-9:00 pm	Jul 17	free*	ages 13-18
Alst Mass	F	6:00-9:00 pm	Aug 21	free*	ages 13-18

*Participants must be registered with AMC; age 18 must present current school ID

**Dragon Ball Super Card Game Box Tournaments** <<NEW!>>

Come join us for some trading card game fun! Dragon Ball Super Card Game is one of the up and coming card games in the area and across the world. This will be box tournaments of the new current set. Prizing will be given out based on tournament standings. Beginners and competitive participants are welcome! These tournaments are unsanctioned and will be a best of one format.

FPCC	Sa	12:00-3:30 pm	Mar 14	\$20	ages 16+
FPCC	Sa	12:00-3:30 pm	May 30	\$20	ages 16+
FPCC	Sa	12:00-3:30 pm	Aug 29	\$20	ages 16+

Youth Leadership Workshop

Designed for young ladies and men ages 12-17, this free workshop will feature presenters discussing topics of importance to young women and men. This session will focus on "Back to School" and will feature school supplies giveaways and a drawing for a backpack. A continental breakfast will be provided.

Alst Mass	Sa	11:30 am	Aug 15	free*	ages 12-17
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*Pre-registration is required

Theater**Disney on Broadway Musical Theater Workshop** <<NEW!>>

Students will grow in their understanding and execution of musical theatre through the works of Disney on Broadway. The course culminates with live stage performances at the Wake Forest Renaissance Centre. **INSTRUCTOR:** Bryan Phoebus

Ren Ctr	M	5:30-7:00 pm	Mar 2-May 18*	\$300	grades 3-8
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*Show performances May 22 and May 23



Culinary Arts

Teen Cooking Workshop <<NEW!>>

In this workshop, your teen will learn proper use of basic equipment found at home and in college kitchens, to prepare healthy, fun and interesting meals. Students will review several recipes and learn the steps and techniques along with measuring, and some kitchen science. These skills will carry through a lifetime and teach them how to make affordable meals for small or larger groups with confidence. Several dishes will be prepared throughout the workshop, using chicken, vegetables, grains, beans, dairy products, spices and oils. ServeSafe guidelines will also be instructed during class. **INSTRUCTOR:** Christine Sadel

JPCC	Sa	11:30 am-1:30 pm	Mar 7	\$50 \$35 <i>RD</i>	ages 13-17
JPCC	Sa	11:30 am-1:30 pm	Apr 18	\$50 \$35 <i>RD</i>	ages 13-17

Cooking for Fun | Jr. Chefs <<NEW!>>

Introduce yourself to the joys of preparing fun and nutritious foods. Explore new foods, try exotic flavors, and build confidence in the kitchen. **INSTRUCTOR:** Pinnacle Culinary Arts Institute

JPCC	Tu	4:30-6:00 pm	Feb 11	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Th	4:30-6:00 pm	Feb 13	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Tu	4:30-6:00 pm	Feb 18	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Th	4:30-6:00 pm	Feb 20	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Tu	4:30-6:00 pm	Feb 25	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Th	4:30-6:00 pm	Feb 27	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Tu	4:30-6:00 pm	Mar 3	\$60 \$45 <i>RD</i>	ages 8-14
JPCC	Th	4:30-6:00 pm	Mar 5	\$60 \$45 <i>RD</i>	ages 8-14

Martial Arts

Martial Arts

This class will teach coordination, focus, discipline, and self-confidence, all while having fun. Participants will learn the basics of Traditional Tae Kwon Do – breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family-friendly environment. Kick-start your life and believe in yourself! **NATIONAL CERTIFIED INSTRUCTOR:** 8th Dan, Jr. Grand Master Randy Berger

WFCH	Tu/Th*	7:00-8:00 pm	Mar-Aug	\$55 mo \$40 mo <i>RD</i>	ages 7-17
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*No class held the first Thursday of every month

Champions in Motion – Karate

Our students begin with basic white belt self-defense skills and progress to more advanced techniques through stances, kicks, punches, katas, and sparring. Some instructors use learning tools to ensure our students learn practical application of the skills they are learning in class. Opportunities for belt rank advancement are available at the end of each session. Students always advance even if they are in a 2nd or 3rd degree of the current belt rank to encourage students to continue to put forth their best effort. We also offer special events such as tournaments, brown belt pretests to prepare for the black belt test, and an intensive black belt test for those who have advanced to that skill level. **INSTRUCTOR:** Champions in Motion



WFCH	M	6:15-7:00 pm	Feb 3-Jun 1	\$9/week*	ages 4-18 (new athletes)
WFCH	M	7:00-7:45 pm	Feb 3-Jun 1	\$9/week*	ages 4-18 (yellow/green belts)
WFCH	M	7:45-8:45 pm	Feb 3-Jun 1	\$9/week*	ages 4-18 (blue/red belts)
WFCH	M	8:45-9:30 pm	Feb 3-Jun 1	\$9/week*	ages 4-18 (brown/black belts)
WFCH	M	6:15-7:00 pm	Jun 8-Aug 17	\$9/week*	ages 4-18 (new athletes)
WFCH	M	7:00-7:45 pm	Jun 8-Aug 17	\$9/week*	ages 4-18 (yellow/green belts)
WFCH	M	7:45-8:45 pm	Jun 8-Aug 17	\$9/week*	ages 4-18 (blue/red belts)
WFCH	M	8:45-9:30 pm	Jun 8-Aug 17	\$9/week*	ages 4-18 (brown/black belts)

*One-time \$11 registration fee required



LEGO®

Gear Shifters STEM Explorers

LEGO® Engineering Explorers After School Enrichment. Join the #1 Child's Enrichment Program for a STEM-based after school experience that provides your child with an intellectually engaging and fun after school program by teaching conceptualization and problem solving. Bricks 4 Kidz uses LEGO® Bricks and Technic® Elements as well as batteries and motors, students will be building working models and exploring the science behind them. Not only are our classes exciting, but they help students improve their fine motor skills, reinforce STEM principles, explore their creativity and most importantly, teaches engineering skills to prepare the next generation for the future. Students will explore themes across myriad fields in the natural and life sciences, energy, space exploration, inventions and contraptions and many others! All sessions include our Mini Figure Factory in which your child designs and takes home his or her own Lego® Mini Figure at the end of the session. **INSTRUCTOR:** Bricks 4 Kidz of Wake County

Ren Ctr	Th	4:00-5:00 pm	Mar 19-April 23	\$150*	grades K-5
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*Fee includes all materials

Education

Navigating College Admissions <<NEW!>>

Are you a high school student or the parent of a high school student? The college admissions process can be stressful! Receive advice on choosing the right college, writing an outstanding essay, putting together standout applications, gain insight into financial aid and learn how colleges review applicants. **INSTRUCTOR:** Rhonda McRae, A2Z College Planning

JPCC	Sa	10:00-11:30 am	Jul 18	\$25 \$10 RD	grades 9-12
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Small Talk Works Social Skills <<NEW!>>

Small Talk Works is a program designed to help children develop confident social skills. We focus on ageappropriate concepts like sharing, turn taking, problem solving and creating play schemes together with peers. **INSTRUCTOR:** Judith Welsh, M. Ed.

JPCC	Tu/Th	4:15-5:00 pm	Mar 3-26	\$200	ages 4-6
JPCC	Tu/Th	4:15-5:00 pm	Apr 7-30	\$200	ages 4-6
JPCC	Tu/Th	4:15-5:00 pm	May 5-28	\$200	ages 4-6

S.T.E.A.M.

A Tisket, A Tasket...Let's Use Math to Make Holiday Baskets! (Teacher Workday) <<NEW!>>

What does a rectangle, square, circle, and triangle have in common? These geometric shapes are all used to make a fun holiday basket to fill with colorful eggs or give as gifts. Kids will use their creativity, multiplication, measurements, math, and more. Why... because ART is a pART of Mop Top Shop STEAM (Science, Technology, Engineering, Art, Mathematics) and more! Participants should bring their own lunch and beverages. Snacks will be provided. **INSTRUCTOR:** Mop Top Shop

Flah Park	M	9:00 am-4:00 pm	Mar 9	\$90 \$75 RD	grades K-6
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Artbots to Robots Workshop (Teacher Workday) <<NEW!>>

What's a Mop Top Bot?! Kids who love robots. Come let off STEAM in the Mop Top Shop Science, Technology, Engineering, Art, and Mathematics (STEAM) Workshop. Kids learn all about robots, circuitry, electricity, conductivity, and more using motors, batteries, wires, and creativity. Come join the fun as you design, build, create, engineer, and decorate your robot. And don't forget, you get to take home a real robot that draws. **BONUS:** Be the first one to tell us which American Abstract Expressionist painter whose work looks like the artbot's drawings and win a prize. Participants should bring their own lunch and beverages. Snacks will be provided. **INSTRUCTOR:** Mop Top Shop

Flah Park	M	9:00 am-4:00 pm	Apr 13	\$90 \$75 RD	grades K-6
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May the Force Be With You...Sir Isaac Newton's Teacher Workday Camp <<NEW!>>

May the force be with you...yes, at all times. Not sure, ask Sir Isaac Newton! Learn about force, motion, friction, gravity, mass, acceleration and more, but more importantly, design, build, and engineer neat gadgets in this hands-on and interactive camp...rubber band and balloon-powered cars and more! We promise we won't have to force you to have fun! Participants should bring their own lunch and beverages. Snacks will be provided. **INSTRUCTOR:** Mop Top Shop

Flah Park	M	9:00 am-4:00 pm	May 1	\$90 \$75 RD	grades K-6
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ADULT

PROGRAMS & CLASSES



Art

Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Enter the painting world! Materials not included.

INSTRUCTOR: Mary Benejam

Flah Park	Tu	1:00–3:00 pm	Feb 25–Mar 31	\$95 \$80 <i>RD</i>	ages 17+
Flah Park	Tu	1:00–3:00 pm	Apr 14–May 5	\$82 \$67 <i>RD</i>	ages 17+
Flah Park	Tu	1:00–3:00 pm	Aug 4–Sep 8	\$95 \$80 <i>RD</i>	ages 17+

Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials not included. Must have completed Beginners Oil & Acrylic Painting. **INSTRUCTOR:** Mary Benejam



Flah Park	W	10:00 am–12:30 pm	Feb 26–Apr 1	\$95 \$80 <i>RD</i>	ages 17+
Flah Park	W	10:00 am–12:30 pm	Apr 15–May 5	\$82 \$67 <i>RD</i>	ages 17+
Flah Park	W	10:00 am–12:30 pm	Aug 4–Sep 8	\$95 \$80 <i>RD</i>	ages 17+

Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. All students must be approved by instructor. Let's paint a masterpiece! Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	10:00 am–12:30 pm	Feb 25–Mar 31	\$95 \$80 <i>RD</i>	ages 17+
Flah Park	Tu	10:00 am–12:30 pm	Apr 14–May 5	\$82 \$67 <i>RD</i>	ages 17+
Flah Park	Tu	10:00 am–12:30 pm	Aug 4–Sep 8	\$95 \$80 <i>RD</i>	ages 17+

Watercolor: Creative Techniques / Beautiful Light

Introduction to a variety of watercolor painting techniques and innovative ways to use them. Participants will create beautiful paintings by exploring step by step landscapes, nature studies and special lighting effects. **INSTRUCTOR:** Christine Pecore

JPCC	Tu	6:30–8:30 pm	Jan 14–Feb 18	\$100 \$85 <i>RD</i>	ages 16+
JPCC	W	9:30–11:30 am	Jan 15–Feb 19	\$100 \$85 <i>RD</i>	ages 16+
JPCC	Tu	6:30–8:30 pm	Mar 31–May 5	\$100 \$85 <i>RD</i>	ages 16+
JPCC	W	9:30–11:30 am	Apr 1–May 6	\$100 \$85 <i>RD</i>	ages 16+
JPCC	Tu	6:30–8:30 pm	May 26–Jun 30	\$100 \$85 <i>RD</i>	ages 16+

Beginners Stained Glass

Learn how to make beautiful stained-glass artwork. In the beginner's class, students will learn to develop and use a pattern, select and cut glass, fit individual pieces to the pattern shape, apply copper foil and solder a stained-glass panel. Supplies are included but students are responsible to purchase their own tools in advance of the first class. Tools list will be provided by instructor. **INSTRUCTOR:** Gary Steimle

Ren Ctr	Th	10:00 am–12:00 pm	Mar 5–Apr 9	\$135	ages 18+
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Intermediate Stained Glass

Build on the fundamentals learned in the beginners class as well as receive specific mentoring on completion of a project that you select. Also, learn how to repair panels with cracked pieces, installation of a panel in a home window and development of a pattern from a photograph. Students are responsible for all supplies and materials for their project. Grinders and other necessary power cutting tools will be available during the class. **INSTRUCTOR:** Gary Steimle

Ren Ctr	Th	12:15–2:15 pm	Mar 12–Apr 2	\$75	ages 18+
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ART Mission for Heroes

StopGap For Heroes, Inc. (SGFH), a nonprofit organization established to provide community-based support services and resources for veterans and first responders, has partnered with the Wake Forest Renaissance Centre in continuing to extend art education to our veterans and their families.

Basics in Acrylic Painting

This class will provide instruction to the beginner student interested in mixing colors, blending and producing a finished painting. Veterans and their spouse will enjoy the experienced teaching of this veteran wife. **INSTRUCTOR:** Carolyn Varcoe

Ren Ctr	M	6:00–8:00 pm	Apr 6–May 11	free with scholarship*
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**Scholarships are available for veterans and their families.
For more information or to apply contact dhorton@wakeforestnc.gov.*

Martial Arts

Martial Arts

This class will teach coordination, focus, discipline, and self-confidence, all while having fun. Participants will learn the basics of Traditional Tae Kwon Do – breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family-friendly environment. Kick start your life and believe in yourself! **NATIONAL CERTIFIED INSTRUCTOR:** 8th Dan, Jr. Grand Master Randy Berger

WFCH	Tu/Th*	7:00–8:00 pm	Mar–Aug	\$55 mo \$40 mo RD	ages 18+
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** No class held the first Thursday of every month*

Japanese Swordsmanship <NEW!>

Suiō-ryū Iai Kenpō encompasses a broad variety of techniques including pure iai-jutsu drawing techniques (long sword), semi-armored grappling techniques called kogu-soku, jojutsu (short staff), paired sword forms called kumi-iai, naginatajutsu (halbred), pure kenpo (kenjutsu) sword forms, and wakizashi (short sword) techniques. Individuals start training with a wooden sword and plastic sheath (bokken/saya) learning the techniques. As a student progresses in their understanding, they will be introduced to the pair practice techniques of the long sword, short sword, short staff and naginata (halbred). These are choreographed movements designed to explore the timing and distancing required by the particular weapon. The technique is practiced with control to maximize the learning process and prevent any direct contact. These techniques are always practiced with wooden weapons. **INSTRUCTOR:** Suiō-ryū Iai Kenpō

WFCH	W	7:00–9:00 pm	Mar–Aug	\$55 \$40 RD	ages 18+
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Fitness

All Level Yoga

Explore calming and centering your breath, moving energy throughout your body, moderate easy flow (with beginner and power options offered), gentle stretches and finish with an extended meditation. Learn coping skills for stress. **Join us on your lunch hour or before school pick up!** Please bring an open mind and yoga mat.

INSTRUCTOR: Allison Mercurio RYT

Flah Park	Tu	12:30–1:30 pm	Feb 25	free demo	ages 16+
Flah Park	Tu	12:30–1:30 pm	Mar 3–31*	\$47 \$32 RD	ages 16+
Flah Park	Tu	12:30–1:30 pm	Apr 14–May 5	\$47 \$32 RD	ages 16+
Flah Park	Tu	12:30–1:30 pm	May 12–Jun 9*	\$47 \$32 RD	ages 16+
Flah Park	Tu	12:30–1:30 pm	Jul 28–Aug 18	\$47 \$32 RD	ages 16+

**No class Mar 10, May 26*

Chair Yoga <NEW!>

Chair yoga is a gentle form of yoga to relax tense muscles, increase flexibility, stabilize joints and strengthen the body while sitting on a chair or standing using the chair for support. Explore calming and centering your breath, moving energy throughout your body, easy seated flow, gentle stretches and meditation. It is beneficial if you have limited mobility. **INSTRUCTOR:** Allison Mercurio RYT

WFCH	W	9:00–9:45 am	Mar 18–Apr 1	\$45 \$30 RD	ages 18+
WFCH	W	9:00–9:45 am	Apr 15–29	\$45 \$30 RD	ages 18+
WFCH	W	9:00–9:45 am	May 6–20	\$45 \$30 RD	ages 18+



Yoga for Everyone

The Universal Principles of Alignment are applied in this detailed, heart-oriented practice. You'll discover the relationship between your "inner" and "outer" body and how it works to bring health and harmony to your entire being! You'll become intuitively aware of what your body needs, as well as discover the tools you need to live and abide in your authentic self. Options are given for all levels of practitioners in a safe and supportive environment. **INSTRUCTOR:** Stephanie Barnhill

JPCC	Tu	7:00-8:00 pm	Apr 7-28	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Th	7:00-8:00 pm	Apr 9-30	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Tu	7:00-8:00 pm	May 5-26	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Th	7:00-8:00 pm	May 7-28	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Tu	7:00-8:00 pm	Jun 2-23	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Th	7:00-8:00 pm	Jun 4-25	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Tu	7:00-8:00 pm	Jul 7-28	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Th	7:00-8:00 pm	Jul 9-30	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Tu	7:00-8:00 pm	Aug 4-25	\$47 \$32 <i>RD</i>	ages 16+
JPCC	Th	7:00-8:00 pm	Aug 6-27	\$47 \$32 <i>RD</i>	ages 16+

Pilates

Need to work on strengthening your CORE muscles while improving your flexibility and joint mobility? Look no further! You will gain ease of movement with functional stability while enjoying a total body conditioning. Class is safe for osteoporosis and challenging for everyone. You will leave class feeling refreshed and energized. **INSTRUCTOR:** Emily Horvath

JPCC	Tu	9:30-10:30 am	Apr 7-28	\$63 \$48 <i>RD</i>	ages 16+
JPCC	Tu	9:30-10:30 am	May 5-26	\$63 \$48 <i>RD</i>	ages 16+
JPCC	Tu	9:30-10:30 am	Jun 2-23	\$63 \$48 <i>RD</i>	ages 16+
JPCC	Tu	9:30-10:30 am	Jul 7-28	\$63 \$48 <i>RD</i>	ages 16+
JPCC	Tu	9:30-10:30 am	Aug 4-25	\$63 \$48 <i>RD</i>	ages 16+

Zumba

Ditch the workout and join the party! Come out and join us for a workout like none other! We will teach you steps to popular dances like salsa, merengue, cumbia, reggaeton, hip-hop, belly dancing and more. We take the "work" out of workout by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. Moves are catered to all experience levels. **INSTRUCTORS:** Neltonia Prince & Cuqui Gorman

JPCC	Sa	9:00-10:00 am	Apr 4-25*	\$30 \$15 <i>RD</i> **	ages 16+
JPCC	M	6:30-7:30 pm	Apr 6-27	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Th	9:30-10:30 am	Apr 9-30	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Sa	9:00-10:00 am	May 2-30*	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	M	6:30-7:30 pm	May 4-18	\$30 \$15 <i>RD</i> **	ages 16+
JPCC	Th	9:30-10:30 am	May 7-28*	\$30 \$15 <i>RD</i> **	ages 16+
JPCC	M	6:30-7:30 pm	Jun 1-29	\$40 \$25 <i>RD</i> **	ages 16+
JPCC	Th	9:30-10:30 am	Jun 4-25	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Sa	9:00-10:00 am	Jun 6-27	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Th	9:30-10:30 am	Jul 9-30	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Sa	9:00-10:00 am	Jul 11-Aug 1	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	M	6:30-7:30 pm	Jul 13-Aug 3	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Th	9:30-10:30 am	Aug 6-27	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	Sa	9:00-10:00 am	Aug 8-29	\$35 \$20 <i>RD</i> **	ages 16+
JPCC	M	6:30-7:30 pm	Aug 10-31	\$35 \$20 <i>RD</i> **	ages 16+

* No class Apr 11, May 21 & 23

** Day of drop-in fee is \$10 (\$7 *RD*), please call ahead to ensure session is occurring

Dance Sculpt «NEW!»

Dance Sculpt incorporates dance, pilates, and strength training to create a total body workout that utilizes resistance bands and light weights to burn calories, while moving to popular pop and hip hop music. Each track targets specific areas of the body to create that total body workout. All skill levels welcome! **INSTRUCTOR:** Heather Sholar

JPCC	Th	7:00-8:00 am	Mar 5-Apr 23	\$50 \$35 <i>RD</i>	ages 18+
JPCC	Th	7:00-8:00 am	Apr 30-Jun 4	\$50 \$35 <i>RD</i>	ages 18+
JPCC	Th	7:00-8:00 am	Jun 11-Jul 16	\$50 \$35 <i>RD</i>	ages 18+
JPCC	Th	7:00-8:00 am	Jul 23-Aug 27	\$50 \$35 <i>RD</i>	ages 18+

REFIT® Fitness <<NEW!>>

REFIT is a positive fitness experience that fits everybody. The REFIT experience pairs powerful fitness-based movements with positive music for a cardio-focused workout that is challenging, effective, and fun for everyone. REFIT is perfect for every fitness level, and strives to make your fitness journey fun. **INSTRUCTOR:** Mallory Simpson

JPCC	Th	6:00–7:00 pm	Apr 16–May 7	\$40 \$25 <i>RD</i>	ages 16+
JPCC	Th	6:00–7:00 pm	May 14–Jun 4	\$40 \$25 <i>RD</i>	ages 16+
JPCC	Th	6:00–7:00 pm	Jun 18–Jul 9*	\$34 \$19 <i>RD</i>	ages 16+
JPCC	Th	6:00–7:00 pm	Aug 13–Sep 3	\$40 \$25 <i>RD</i>	ages 16+

*No class Jul 2

Cardio Hip Hop <<NEW!>>

Cardio Hip Hop is a cardio dance class meant to burn calories and be a total body work out! This class uses popular hip hop and pop music to motivate you to get low and sweat! This workout offers a consistent set list that only changes by a couple of routines every few weeks allowing you an opportunity to dance full out to the tracks you have grown to love! Each class will start and end with a unique song, requests welcomed! **INSTRUCTOR:** Heather Sholar

JPCC	Tu	6:30–7:30 pm	Mar 3–Apr 21*	\$50 \$35 <i>RD</i>	ages 18+
JPCC	Tu	6:30–7:30 pm	Apr 28–Jun 2	\$50 \$35 <i>RD</i>	ages 18+
JPCC	Tu	6:30–7:30 pm	Jun 9–Jul 14	\$50 \$35 <i>RD</i>	ages 18+
JPCC	Tu	6:30–7:30 pm	Jul 21–Aug 25	\$50 \$35 <i>RD</i>	ages 18+

*No class Mar 17 & 24

Dance**Line Dance**

Do you love to dance and meet new friends? Then Line Dancing is for you. No experience needed. We will be dancing to all types of music while learning basic beginner dance steps. Line dancing is great for your mind, body and soul. Come join the fun. **INSTRUCTOR:** Sue Jennings

JPCC	W	6:00–7:00 pm	Apr 1–22	\$55 \$40 <i>RD</i> **	ages 15+
JPCC	W	6:00–7:00 pm	Apr 29–May 20	\$55 \$40 <i>RD</i> **	ages 15+
JPCC	W	6:00–7:00 pm	May 27–Jun 17	\$55 \$40 <i>RD</i> **	ages 15+
JPCC	W	6:00–7:00 pm	Jun 24–Jul 15	\$55 \$40 <i>RD</i> **	ages 15+
JPCC	W	6:00–7:00 pm	Jul 22–Aug 26*	\$65 \$50 <i>RD</i> **	ages 15+

*No class Aug 12

** Day of drop-in fee is \$15 (\$12 *RD*), please call ahead to ensure session is occurring

RD=Resident Discount

KRUMP Dance

Krump Dancing has been a phenomenal, powerful, and emotional dance style. Receive hands on training, and learn to make power an art. **INSTRUCTOR:** Krump Dancer Lycan

JPCC	M	6:45–8:15 pm	Apr 6–May 11	\$75 \$60 <i>RD</i>	ages 13+
JPCC	M	6:45–8:15 pm	Jun 1–Jul 13*	\$75 \$60 <i>RD</i>	ages 13+
JPCC	M	6:45–8:15 pm	Jul 20–Aug 24	\$75 \$60 <i>RD</i>	ages 13+

*No class Jul 6

Games**Game Night** <<NEW!>>

Experience a fun night of games in a great atmosphere (Spades, Bid Whist, Dominoes, etc.). Come out and play while meeting new friends!.

Alst Mass	F	6:00–9:00 pm	Mar 6	free	ages 21+
Alst Mass	F	6:00–9:00 pm	Apr 3	free	ages 21+
Alst Mass	F	6:00–9:00 pm	May 1	free	ages 21+
Alst Mass	F	6:00–9:00 pm	Jun 5	free	ages 21+
Alst Mass	F	6:00–9:00 pm	Jul 3	free	ages 21+
Alst Mass	F	6:00–9:00 pm	Aug 7	free	ages 21+

Dragon Ball Super Card Game Box Tournaments <<NEW!>>

Come join us for some trading card game fun! Dragon Ball Super Card Game is one of the up and coming card games in the area and across the world. This will be box tournaments of the new current set. Prizing will be given out based on tournament standings. Beginners and competitive participants are welcome! These tournaments are unsanctioned and will be a best of one format.

FPCC	Sa	12:00–3:30 pm	Mar 14	\$20	ages 16+
FPCC	Sa	12:00–3:30 pm	May 30	\$20	ages 16+
FPCC	Sa	12:00–3:30 pm	Aug 29	\$20	ages 16+



Culinary Arts

Dumpling Making <<NEW!>>

Learn different pleating techniques to fillings and finish. Each participant will have the opportunity to make their own dumplings to cook in class and take home approximately half a dozen dumplings to share. **INSTRUCTOR:** Michelle Huyhn Motley

JPCC	M	10:00 am-12:30 pm	Mar 2	\$55 \$40 <i>RD</i>	ages 12+
JPCC	M	10:00 am-12:30 pm	Aug 3	\$55 \$40 <i>RD</i>	ages 12+

Soup's On! <<NEW!>>

Enhance your cooking skills while adding a lifetime of healthy options preparing three soups. Participants will practice proper techniques for food prep while following the recipes, which are the basis of countless dishes. Also will learn how to create soup as Gluten Free and vegetarian. Each student will receive the printed recipes and containers of each soup to bring home. No previous cooking skills required. Serve safe education will also be presented during the class. **INSTRUCTOR:** Christine Sadel

JPCC	Tu	10:30 am-12:30 pm	Mar 3	\$49 \$35 <i>RD</i>	ages 14+
JPCC	Tu	10:30 am-12:30 pm	Apr 14	\$50 \$35 <i>RD</i>	ages 14+

More Than Salad! <<NEW!>>

Learn how to prepare three types of salads that are flavorful and interesting enough to serve as a main dish or as an impressive side. These combinations along with the three dressings can be used across other dishes. You will enjoy the colorful and healthy goodness of these dishes and be proud to bring them to your next gathering. Participants will learn proper preparation techniques that can be carried into all of your other food prep. Leave with recipes and servings of each salad. No previous cooking skills required. **INSTRUCTOR:** Christine Sadel

JPCC	W	10:30 am-12:30 pm	Mar 4	\$40 \$25 <i>RD</i>	ages 14+
JPCC	W	10:30 am-12:30 pm	Apr 15	\$40 \$25 <i>RD</i>	ages 14+

Italian Dessert and Cappuccino! <<NEW!>>

In this fun class, you will learn the techniques to create the ingredients and prepare two favorites, Cannoli and Tiramisu. The instructor, who is a former café owner, will demonstrate how to make cappuccino and the proper techniques. Each participant will take home portions of their dessert creations, unless they are eaten before hand! Serve safe education will also be presented during the class. No previous cooking skills required. **INSTRUCTOR:** Christine Sadel

JPCC	Th	10:30 am-12:30 pm	Mar 5	\$40 \$25 <i>RD</i>	ages 14+
JPCC	Th	10:30 am-12:30 pm	Apr 16	\$40 \$25 <i>RD</i>	ages 14+



Curry 3 Ways <<NEW!>>

Every country has its own take on curry. In this class we explore the different flavors of curry in three ways: chicken curry from Vietnam, Thai chicken green curry and Indian vegetarian curry. **INSTRUCTOR:** Michelle Huyhn Motley

JPCC	M	10:00 am-12:30 pm	Apr 6	\$55 \$40 <i>RD</i>	ages 12+
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Instant Pot Beef Pho <<NEW!>>

Pho is a staple dish from Vietnam that is eaten for breakfast, lunch or dinner in many Vietnamese household. To develop a clear and flavorful broth, it has to be simmered with care for hours. Fortunately for us, using the instant pot will take just a little over an hour to develop the broth for a flavorful authentic taste. While we are waiting for the broth to develop, we will make a simple Vietnamese summer roll with a couple of dipping sauces. **INSTRUCTOR:** Michelle Huyhn Motley

JPCC	M	10:00 am-12:30 pm	May 4	\$55 \$40 <i>RD</i>	ages 12+
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General Tso Chicken <<NEW!>>

General Tso Chicken is a popular Chinese dish that can be intimidating to make at home but it is a lot easier than you think. This class, participants will work together to make a meal that consist of fried rice, General Tso chicken and pork spring roll. **INSTRUCTOR:** Michelle Huyhn Motley

JPCC	M	10:00 am-12:30 pm	Jun 1	\$55 \$40 <i>RD</i>	ages 12+
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Homemade Pasta 2 Ways <<NEW!>>

Making homemade pasta sounds intimidating but it's very easy once you get the hang of it. In this class, participants will make homemade pasta two ways. One dish will be cheese ravioli tossed in vodka sauce and the other will be linguine tossed in pesto. **INSTRUCTOR:** Michelle Huyhn Motley

JPCC	M	10:00 am-12:30 pm	Jul 20	\$55 \$40 <i>RD</i>	ages 12+
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Bake & Take Casseroles for Beginners <<NEW!>>

Looking to get into cooking but need a place to start? In this class you will learn how to blend premade with homemade for a hearty family meal. Enjoy the casserole before taking home to share with your family! **INSTRUCTOR:** Stacey Schmidt

JPCC	Sa	11:00 am-12:30 pm	Mar 28	<i>Baked Ziti w/ Meatballs</i>	\$50 \$35 <i>RD</i>	ages 16+
JPCC	Sa	11:00 am-12:30 pm	Jun 13	<i>Macaroni & Cheese</i>	\$50 \$35 <i>RD</i>	ages 16+

Food Prep Sundays - Whole 30 <<NEW!>>

Ever thought of food prepping on Sunday for entire week? In this class, you will learn the basics on how to do just that. Prepare lunches for the entire week so that you can keep your healthy eating on track. Easy to make dishes that are Whole30 approved.

INSTRUCTOR: Stacey Schmidt

JPCC	Sa	10:00 am-11:30 pm	Apr 4	\$50 \$35 <i>RD</i>	ages 16+
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Instant Pot for Beginners <<NEW!>>

Have you bought an Instant Pot but scared to take it out of the box? In this class we will go over the basics on how to use your instant pot and even make a couple of things. We will try our hand at shredded taco chicken with rice and beans. We will take away all the mystery around pressure cooking! Make sure that you bring your Instant Pot with you, everything else will be provided. **INSTRUCTOR:** Stacey Schmidt

JPCC	Sa	11:00 am-12:30 pm	May 16	\$50 \$35 <i>RD</i>	ages 16+
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Cooking for Fun <<NEW!>>

What better way to enjoy the kitchen than with your son, daughter or grandchild! You and your loved one will be introduced to the joys of preparing fun and nutritious foods. Explore new foods, try exotic flavors, and build confidence in the kitchen. **INSTRUCTOR:** Pinnacle Culinary Arts Institute



JPCC	F	5:00-8:00 pm	Apr 3	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Apr 17	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	May 1	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	May 8	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Jun 5	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Jun 12	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Jul 10	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Jul 17	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Aug 7	\$90/couple \$75/couple <i>RD</i>	ages 15+
JPCC	F	5:00-8:00 pm	Aug 14	\$90/couple \$75/couple <i>RD</i>	ages 15+

Photography

Basic Photography <<NEW!>>

Ever want to get a great camera shot and just unsure how? Learn the basic photography are now taken with digital cameras, basic editing and photo organization are also covered. Digital SLR cameras with detachable lenses are recommended, though mobile phone cameras with advanced control apps are sufficient.

INSTRUCTOR: Henry Nguyen

JPCC	W	7:15-8:15 pm	Apr 1-May 6	\$75 \$60 <i>RD</i>	ages 18+
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Creative Teaching Workshop Series

Arts Integration Professional Development for Educators

Student Studio: Songwriting

This workshop is built for the musically inclined teacher as well as the teacher who is still learning to carry a tune in a bucket. Teachers will use and create resources such as rubrics, songwriting guides, and vertical planning tools that allow students to engage with curriculum in meaningful and memorable ways. **INSTRUCTOR:** Lizzie Casey

Ren Ctr	Sa	9:00 am-12:30 pm	Mar 21	\$16*	ages 18+
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** Includes all materials*

Letter & Learn

With strategic planning, teachers and students can celebrate content with bubble letters, doodling and colorful expressions of ideas as meaningful learning tools. From engagement to assessments, hand lettering and illustrations can be an enjoyable component of data-driven instruction. In this workshop, teachers will explore the integration of sketch notes as a regular classroom strategy while learning basic hand lettering skills that can be used in and outside the classroom. **INSTRUCTOR:** Lizzie Casey

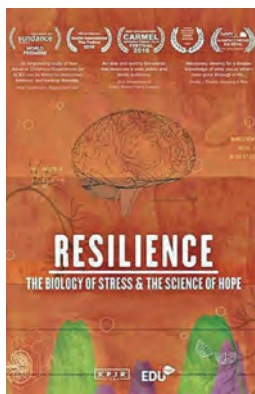
Ren Ctr	Th	7:00-8:30 pm	Apr 16	\$10*	ages 18+
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** All materials included*



Understanding Toxic Stress

Toxic stress is an epidemic amongst children and adults. We are beginning to discover just how serious this issue is within our nation. Join us for a FREE community screening of the documentary *Resilience*, followed by a discussion on ways to better understand and apply what we have learned. *Resilience* is an award-winning documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress. For more information on the film visit kpfirfilms.co/resilience/. If you have already seen the film, you are welcome to join our discussion beginning at 10:30 am. **INSTRUCTOR:** Write, Speak, Inspire, LLC



Ren Ctr	Sa	9:00 am-12:30 pm	May 23	free	ages 18+
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2020 Creative Teaching (Arts in Education) Conference

This conference is designed to provide a professional learning experience for educators and provide teacher learning objectives correlated to the NC Professional Teaching Standards. This full day conference is focused on providing educators with practical tools to enhance their classroom experience, personal development and professional growth. Includes all materials, light breakfast and lunch. **INSTRUCTORS:** Write, Speak, Inspire, LLC and Lizzie Casey

Ren Ctr	Sa	8:30 am-2:30 pm	Apr 25	\$23	ages 18+
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Understanding Dementia

The following dementia awareness events are free but pre-registration is required at wakeforestnc.gov, search "understanding dementia awareness series."

Sunshine Club: Music & Movement

We know music is a strong healer of patients with dementia related diseases and relief for their caregivers. This healing arts classes will promote social interaction in a group setting, while encouraging physical exercise and sensory and memory stimulation within the targeted population. The program will induce memory recall through familiar music and promote movement-using dance. Limited space available for this class. Register by emailing dhorton@wakeforestnc.gov or calling 919-435-9566.

INSTRUCTOR: Roseanne McFadden

Ren Ctr	W	11:00 am-12:00 pm	Mar 4-Apr 8*	free**	ages 25+
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*No class on Mar 25

**Pre-registration required.

Sponsored in part by a grant from the United Arts Council of Wake County

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. **PRESENTER:** Peggy Best, Alzheimer's Association Eastern NC Chapter

Ren Ctr	Th	9:30-10:30 am	Mar 12	free*	ages 18+
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*Pre-registration required

Caring for Ourselves: Coping Strategies for Caregivers

Learn about how stress affects caregivers, especially those caring for someone living with dementia. Explore practical ways to cope with and decrease stress on a daily basis. **INSTRUCTOR:** Lisa Levine, Dementia Alliance of NC

Ren Ctr	Th	6:00-7:00 pm	Apr 23	free*	ages 18+
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*Pre-registration required; seating is limited

Memory Café - Renewing Memories with Movie Musicals

Singing along to music in a favorite movie makes all our moods feel brighter but especially in those living with dementia. It is reported that a reduction in symptoms often associated with dementia, including anxiety, aggression, apathy and agitation happen during and after viewing a classic musical. Socialization and singing work to fight isolation in those living with the disease. This is a good time for the whole family and caregivers.

Ren Ctr	Su	2:00-4:00 pm	Aug 9	free*	all ages
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*Pre-registration required



SPECIALIZED

& INCLUSION PROGRAMS

Enriching programs for individuals with special needs.

Specialized Programs

Club Connect

Join us once a month for socialization, activities, & fun! Participants will be provided with the opportunity to socialize with peers, play games, be creative, and plan activities based on input from the group. Participants must be able to perform self-care routines independently and can bring a buddy if necessary. Don't miss out on all the excitement!

Alst Mass	Th	5:30-7:30 pm	Mar 26	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Apr 23	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	May 28	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Jun 25	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Jul 23	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Aug 27	free	ages 15+

Small Talk Works Social Skills Group **<NEW!>**

Small Talk Works is a program designed to help children develop confident social skills. We focus on age-appropriate concepts like sharing, turn taking, problem solving and creating play schemes together with peers. **INSTRUCTOR:** Judith Welsh, M. Ed.

JPCC	Tu/Th	4:15-5:00 pm	Mar 3-26	\$200	ages 4-6
JPCC	Tu/Th	4:15-5:00 pm	Apr 7-30	\$200	ages 4-6
JPCC	Tu/Th	4:15-5:00 pm	May 5-28	\$200	ages 4-6

Improv to Improve: Drama 101 **<NEW!>**

A fun filled approach to developing improved social skills, personal interactions, self-confidence and the art of compromise through role play, expression & emotion charades, face-to-face communication and life experience skits. **INSTRUCTOR:** Roseann McFadden

JPCC	M	6:00-7:00 pm	Mar 2-Apr 6	\$60*	ages 12+
JPCC	M	6:00-7:00 pm	May 4-Jun 15	\$60*	ages 12+
JPCC	M	6:00-7:00 pm	Jul 13-Aug 17	\$60*	ages 12+

*Pre-registration required, \$10 late fee assessed after deadline

Creative Writing: We All Have Stories, Short Stories of My Life **<NEW!>**

This program is designed to promote written expression of true life events, interests, relationships and goals through creative short stories, shared in a social setting.

INSTRUCTOR: Roseann McFadden

JPCC	M	7:00-8:00 pm	Mar 2-Apr 6	Short Stories of My Life	\$60*	ages 16+
JPCC	M	7:00-8:00 pm	May 4-Jun 15	My Story, My Autobiography	\$60*	ages 16+
JPCC	M	7:00-8:00 pm	Jul 13-Aug 17	Poetry, Verse & Rhyme	\$60*	ages 16+

*Pre-registration required, \$10 late fee assessed after deadline

Wake Forest's Got Talent Showcase **<NEW!>**

Have a talent you want to show off? Join us for the first ever Wake Forest's Got Talent Showcase! Those interested can register for **free** to participate in the Town's first talent showcase. Show off your talent, from dancing, singing, dramatic acting, storytelling, poetry, and so much more! The stage is yours, will you take it?

Ren Ctr	Th	5:00-8:00 pm	Jun 4	Rehearsal	free*	all ages
Ren Ctr	Su	4:00-6:00 pm	Jun 7	Showcase	free*	all ages

*Pre-registration required

Abilities Choir

Want the opportunity to show off your talents? Come join our inclusive choir and learn about different choral techniques and types of music. This choir includes individuals of all ability levels and provides an outlet for creative expression. Practices will be held every other Thursday. **DIRECTOR:** Kasie Brooks

Ren Ctr	Th	6:00-7:00 pm	Jan 9-Apr 30	\$50*	ages 10+
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*Pre-registration required, \$10 late fee assessed after deadline

Decades Dance **<NEW!>**

Kick off summer with a dance party! Come dressed up in your favorite decades outfit and join us for an evening complete with a DJ, refreshments, dancing, and fun! Come with friends or come make new ones! Additional support will be in attendance but participants can bring their own if necessary.

WFCH	F	6:00-8:00 pm	Jun 19	\$15*	ages 12+
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*Pre-registration required, \$10 late fee assessed after deadline



Rhythm Kids Drumming <<NEW!>>

Group drumming has been proven to reduce stress, boost the immune system, release pent emotions, foster inclusion, and promote creativity. And bonus, it's SUPER FUN! Drums will be provided by instructor. No experience necessary. Noise canceling headphones will be available upon request. **INSTRUCTOR:** Greg Whitt, Drum for Change

JPCC	Th	6:00-7:00 pm	Apr 9	\$10*	ages 10+
JPCC	Th	6:00-7:00 pm	Jun 11	\$10*	ages 10+

**Pre-registration required, \$10 late fee assessed after deadline*

We Cook Wednesdays <<NEW!>>

Experience the fun of cooking! Participants will learn key food preparation techniques and work together to prepare a different dish every week. During each class we will discuss kitchen and food safety, nutrition, and planning. This is a hands-on participatory class. Come prepared to cook and taste! **INSTRUCTOR:** Gerry Corvo

JPCC	W	5:30-7:30 pm	Mar 25-Apr 29	\$60*	ages 15+
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**Pre-registration required, \$10 late fee assessed after deadline*

Mix It Up Baking Class <<NEW!>>

Learn and practice baking skills. Participants will learn basic baking skills and work together to create muffins, quick breads, and cookies. During each class we will discuss kitchen and food safety, nutrition and planning. This is a hands-on participatory introductory class. **INSTRUCTOR:** Gerry Corvo

JPCC	W	5:30-7:30 pm	May 13-Jun 3	\$35*	ages 10-15
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**Pre-registration required, \$10 late fee assessed after deadline*

Special Needs Swim Lessons <<NEW!>>

Swimming is an important life-saving skill with a variety of benefits. We now offer 1-on-1 swim lessons for individuals with disabilities of all swimming ability levels. Each package includes three, 30-minute sessions. Topics that will be covered include water safety and stability, back floating, belly floating, kicking and breath exercises. **INSTRUCTOR:** Nicole Russell

Holding Park Aquatic Ctr	Tu-W	6:00-8:00 pm	Jun-Aug	\$120*	ages 4+
Holding Park Aquatic Ctr	F	9:00-11:00 am	Jun-Aug	\$120*	ages 4+

**Pre-registration required, \$10 late fee assessed after deadline*

Spirit League Basketball

Spirit League is a unifying, safe and inclusive place for special needs teens and young adults to play basketball, get physically active, and make new friends. Our program stands for acceptance, teamwork, skill development and fun. Spirit League will always celebrate diversity, sportsmanship and the opportunity to be a beacon of hope for all.

JPCC	Th	5:30-7:00 pm	May 21-Jul 2	\$15*	ages 12+
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**Pre-registration required. \$10 late fee assessed after deadline*

Abilities Tennis Clinics

Abilities Tennis Clinics provide specialized instruction and practice for athletes, ages 8 and up. Coaches and volunteers are trained to teach the fundamentals of tennis, practice drills and fun games geared toward improving tennis skills. All experience levels, beginners, intermediate, and advanced skills, are all welcome. Coaches are able to adapt tennis for each individual so that all can join in the fun. **INSTRUCTOR:** Abilities Tennis NC

Heritage High Park	Sa	4:00-5:00 pm	Mar 7-May 16	free*	ages 8+
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**Pre-registration required, \$10 late fee assessed after deadline*

Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! In partnership with Pediatric Therapy Associated, we will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park	M	10:45 am-11:45 am	ongoing	free	18 mos-5 yrs
Flah Park	Th	11:00 am-12:00 pm	ongoing	free	18 mos-5 yrs

JamX Hip Hop Cardio <<NEW!>>

JamX is so much fun it doesn't even seem like a workout! This class will get you burning calories and moving to mainstream pop and hip hop songs from yesterday and today! Each class will begin and end with a unique warm up and cool down. Song requests welcome! **INSTRUCTOR:** Heather Sholar

JPCC	Tu	5:30-6:30 pm	Mar 3-Apr 21*	\$30	ages 12+
JPCC	Tu	5:30-6:30 pm	Apr 28-Jun 2	\$30	ages 12+
JPCC	Tu	5:30-6:30 pm	Jun 9-Jul 14	\$30	ages 12+
JPCC	Tu	5:30-6:30 pm	Jul 21-Aug 25	\$30	ages 12+

**No class Mar 17 & 24*



Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1-29. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559



Registration: Feb 1-29	Apr-Jun season	\$15*	ages 5+
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**Pre-registration required, \$10 late fee assessed after deadline*



Dream League Baseball "BUDDY" Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-29	Apr-June season	free	ages 10+
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**Pre-registration required*

Flourish: A Parent's Workshop <<NEW!>>

Flourish: to grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment. Feel like you're walking through a maze without a road map? Join us for a day of education, sharing, and inspiration on topics related to caring and loving for an individual with special needs. A continental breakfast and lunch are included with registration.

JPCC	Sa	9:00 am-2:00 pm	Apr 18	\$50*	ages 18+
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**Pre-registration required*

Egg-ceptional Egg Hunt

This egg hunt caters to children with disabilities and their families. The purpose of our egg hunt is to provide a fun, safe, family-friendly environment that allows children who may have difficulty participating in a traditional egg hunt the opportunity to hunt for Easter eggs. Bring a buddy to help if needed.

Joyner Park	Sa	11:15-11:45 am	Mar 28*	free	all ages
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**Rain date Mar 29 starting at 1:15 pm*

RD=Resident Discount

SPECIALIZED SERVICES

Inclusion Services

The Town of Wake Forest's Parks, Recreation, & Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with special needs to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz at kschurtz@wakeforestnc.gov or 919-435-9559.

What is a reasonable modification?

Reasonable modifications are additional supports and resources used to help aid a person with a disability to participate in any program. These resources may include, but are not limited to, auxiliary aids or services, adaptive equipment, or additional support staff. The ADA does not require the Town of Wake Forest to take any action that would fundamentally alter the nature of its programs or services, compromise the safety of participants, or impose an undue financial or administrative burden.

For questions or program ideas, please contact Recreation Specialist Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559.

Community Resources for Specialized Services

Abilities Tennis of NC	919-606-4917
Alliance Behavioral Healthcare (24-hr access)	800-510-9132
Alliance of Disability Advocates -	
Center for Independent Living	919-833-1117
The ARC of the Triangle	919-832-2660
A Small Miracle Inc.	919-900-4422
Autism Society of NC - Wake Co. Chapter	800-442-2762
Brain Balance Achievement Center of Wake Forest	919-554-4622
East Point Prosthetics & Orthotics	919-844-7897
GiGi's Playhouse	919-307-3952
North Carolina Special Olympics	919-719-7662
Special Olympics Wake County	919-996-2111
Triangle Behavioral & Educational Solutions	919-449-8345
Triangle Down Syndrome Network	919-803-0515
Wake County Human Services	919-212-7000
Wake Forest Dream League	919-556-7093
WCPSS - Family & Community Connections	919-431-7334



CAMPS

SUMMER ENRICHMENT PROGRAMS

CAMP REGISTRATION BEGINS FEB 1



Day Camp

Camp Nahele (pronounced nah-heh-le)



Camp Nahele ("nahele" means "forest" in Hawaiian) is a full day recreational summer camp program designed to enhance your child's summer experiences through arts and crafts, education, nature, recreational and sporting activities. The camp will operate for a nine-week period from June 15 through August 14, at the Wake Forest Community House, 133 W. Owen Ave. The camp is offered Monday through Friday, from 9 a.m. to 5 p.m. Early drop-off is 7:30 a.m. and late pick up is 6 p.m. Participants must be at least six years old on or before June 1, 2020.

WFCH	M-F	7:30 am-6:00 pm	Jun 15-Aug 14*	\$150/wk \$125/wk RD	ages 6-12
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*No camp held Jul 6

Art Camps

Preschool Art Camp: Sail the Ocean Blue <NEW!>

Climb aboard the USS Creative with Mr. Moo and Maureen Seltzer for a week long cruise of creativity. We will learn all about the things that live in the sea and might even run into some pirate on this adventure through art and stories. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jul 13-17	\$115/wk \$100/wk RD	ages 3-5
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Youth Art Camp: Ooey Gooley Recycle Art Camp

If you like to get messy, then this camp is for you! We will explore turning all kinds of recycled things into beautiful art. Paper mache and printmaking are just a couple of the art projects planned. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jul 20-24	\$125/wk \$110/wk RD	ages 6-10
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Art 4 Fun Camp

Students will enjoy working with drawing pencils, watercolors, acrylics and more! Participants will complete an art project each day. Paint your masterpiece! Materials included. Please bring a snack daily. **INSTRUCTOR:** Mary Benejam

Flah Park	M-F	9:00 am-12:00 pm	Jun 15-19	\$125/wk \$110/wk RD	ages 9-12
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Art for Teens Camp

Students will enjoy working with: drawing pencils, ink, watercolors, acrylics and more. We will emphasize on values and shapes and complete an art project every day. Materials included. Please bring a snack daily. **INSTRUCTOR:** Mary Benejam

Flah Park	M-F	9:00 am-12:00 pm	Jun 22-26	\$125/wk \$110/wk RD	ages 13-16
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Art Boot Camp <NEW!>

During this fun filled 'art' week, students will explore the elements of art and principles of design throughout creative projects. A variety of techniques and materials will be used. **INSTRUCTOR:** Christine Pecore

JPCC	M-F	9:00 am-12:00 pm	Jun 22-26	\$215/wk \$200/wk RD	grades 4-6
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Performing Arts Camps

Create-a-Play: The Day the Crayons Quit

Using source material from books and their own imaginations, students create, explore and perform an original play created collaboratively with fellow campers. Full day weeks include daily classes in movement, creative drama and basic acting skills. Students also create art projects that relate to the week's theme and support their storytelling. Half day experiences focus on creative drama, playbuilding and basic acting skills. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-4:00 pm	Jun 22-26	\$285	rising 1st-3rd graders
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Create-a-Play: The Lorax

Using source material from books and their own imaginations, students create, explore and perform an original play created collaboratively with fellow campers. Full day weeks include daily classes in movement, creative drama and basic acting skills. Students also create art projects that relate to the week's theme and support their storytelling. Half day experiences focus on creative drama, playbuilding and basic acting skills. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-4:00 pm	Jul 6-10	\$285	rising 1st-3rd graders
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Scriptworks: The Wizard of Oz

Students develop essential acting skills including characterization, vocal projection, blocking, working collaboratively and memorizing lines while working on age-relevant scenes from published plays. On the last day of camp, students perform their scenes for family and friends. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-4:00 pm	Jun 22-26	\$285	rising 4th-6th graders
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Playtime: Dragons Love Tacos

A half-day camp exploring stories through creative drama, art and movement. Each week students discover stories and characters in a different theme. Through their drama and exploration, students also practice listening skills, working together, story sequencing and build social skills. At the end of the week, the class shares a favorite story from the week for family and friends. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-12:00 pm	Jul 6-10	\$175	ages 4 to rising K
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LEGO® Summer Camps

Adventures in STEM with LEGO® Materials «NEW!»

Bring your craziest ideas to life with Play-Well TEKologies and tens of thousands of LEGO® parts! Build engineer-designed projects such as: chugging Steamboats, enchanting Moon Bridges, and bustling Airports. Design and build as never before and explore your craziest ideas. **INSTRUCTOR:** Play-Well TEKologies

Alst Mass	M-F	9:00 am-12:00 pm	Jun 22-26	\$185 \$170 RD	ages 5-6
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STEM Explorations with LEGO® Materials «NEW!»

Refine your construction skills as you tinker with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts through projects such as: dizzying Teacup Rides, customized Cuckoo clocks, and the historic Wright Flyer. Explore, design and build your craziest ideas. **INSTRUCTOR:** Play-Well TEKologies

Alst Mass	M-F	1:00-4:00 pm	Jun 22-26	\$185 \$170 RD	ages 7-12
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Intro to STEM with LEGO® Materials

Ratchet up your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Space Stations, Fire Trucks, and the Eiffel Tower. Design and build as never before and explore your craziest ideas. **INSTRUCTOR:** Play-Well TEKologies

JPCC	M-F	9:00 am-12:00 pm	Jul 13-17	\$185 \$170 RD	ages 5-6
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STEM Challenge with LEGO® Materials

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Bulldozers, Hot Air Balloons, and the Great Wall of China. Design and build as never before and explore your craziest ideas. **INSTRUCTOR:** Play-Well TEKologies

JPCC	M-F	9:00 am-12:00 pm	Jul 27-31	\$185 \$170 RD	ages 7-12
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Super Hero Engineering with LEGO® Materials «NEW!»

Save the world with LEGO® Super Heroes! Enter the Phantom Zone, travel on Wonder Woman's Invisible Jet, and face off against Galactus. Create motorized and architectural projects with imagination and engineering to bring your super powers to life. **INSTRUCTOR:** Play-Well TEKologies

JPCC	M-F	1:00-4:00 pm	Jul 13-17	\$185 \$170 RD	ages 5-6
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Minecraft Master Engineering with LEGO® Materials

Bring Minecraft to life using LEGO® parts! Build an Iron Golem, the Nether Portal, and the Ender Dragon. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. **INSTRUCTOR:** Play-Well TEKologies

JPCC	M-F	9:00 am-12:00 pm	Jun 15-19	\$185 \$170 RD	ages 7-12
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Jedi Master Engineering with LEGO® Materials

The Force is strong in this advanced engineering course for young Jedi! Use the force to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away. **INSTRUCTOR:** Play-Well TEKologies

JPCC	M-F	1:00-4:00 pm	Jun 15-19	\$185 \$170 RD	ages 7-12
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Harry Potter Master Engineering with LEGO® Materials

Master the magic of Harry Potter using LEGO®! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts. **INSTRUCTOR:** Play-Well TEKologies

JPCC	M-F	1:00–4:00 pm	Jul 27–31	\$185 \$170 <i>RD</i>	ages 7–12
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LEGO® Classic Arcade Brick Adventures!

Step back in time and bring the world of classic arcade and video games to life by building classic icons with LEGO® bricks and Technic® elements. Not only will you build awesome models and working contraptions depicting your favorite arcade and video game heroes such as Sonic the Hedgehog®, Mario®, Pac-Man®, Smash Brothers®, Space Invaders® and more, but you will also have the opportunity to play some of the original games on their original vintage Sega® and Nintendo® consoles. This is a unique opportunity to experience classic arcade and video games through LEGO® and see firsthand how the current video game craze started decades ago! At the end of the week, you not only travel back to the future but get to bring back your own custom mini figure! **INSTRUCTOR:** Gear Shifters STEM Explorers

Ren Ctr	M-Th	9:00 am–12:00 pm	Jun 29–Jul 2	\$140	grades 1–5
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LEGO® Imagineering: Exploring the Worlds of Fantasy!

Join us in a LEGO® Imagineering adventure by building mechanized versions of your favorite characters from lands of fantasy! From the World of Harry Potter®, build a Snitch and Quidditch Match; from the mystical land of Frozen® build a motorized Sleigh and Running Reindeer and from the underwater world of Finding Dory® build a working model of Mr. Ray! Even the Minions® come alive when you construct a Dunk Tank and Dancing Stuart model! Campers will explore concepts of engineering and architecture through building specially-designed motorized models and 3D figures. Games and crafts will also be part of the camper's daily experience. All participants take home a custom mini figure at the end of the week! **INSTRUCTOR:** Gear Shifters STEM Explorer

Ren Ctr	M-Th	1:00–4:00 pm	Jun 29–Jul 2	\$140	grades K–5
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LEGO® Advanced Engineering with Gear Shifters!

Calling all LEGO® Master Builders! Learn master builder fundamentals while building a variety of challenging and advanced motorized mechanical constructs using LEGO® Bricks and Technic® elements including a mechanical spider, construction equipment, sports machines, and animals. Campers will also learn the intricacies of designing with Technic® elements to engineer and create their own custom-articulated creations. Each camper will take home a custom mini figure at the end of the week.

INSTRUCTOR: Gear Shifters STEM Explorers

Ren Ctr	M-F	9:00 am–12:00 pm	Jul 27–31	\$175	grades 3–6
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Comic Book Creator with LEGO® Bricks!

Campers will explore the artistic form of comic book design as they learn to create their own custom electronic comic book. Participants will create their own characters, develop story lines and incorporate pictures of actual sets, all designed with LEGO® Bricks and Technic® elements! After creating various scenes, campers will snap pictures and upload them, utilizing a software program to create their very own, one of a kind comic book. At the end of the week, campers will be provided with a digital copy of the comic book they created. **INSTRUCTOR:** Gear Shifters STEM Explorers

Ren Ctr	M-F	1:00–4:00 pm	Jul 27–31	\$175	grades 2–5
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Technology Camps

Minecraft Game Designer: Dungeons «NEW!»

Turn Minecraft from a game into a visual learning tool! This class will reinforce problem-solving skills and spatial cognition through learning to create in-game dungeons and treasure maps. This class has a strong emphasis on creativity, exploration, and cooperative learning experiences. While immersed in the fun and creative world of Minecraft, students will learn about concepts in programming and game design.

INSTRUCTOR: Tech Academy by Computer Explorers

JPCC	M-Th	9:00 am–12:00 pm	Jun 22–25	\$187 \$172 <i>RD</i>	grades 3–6
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Java Minecraft Modding «NEW!»

Dig deeper into the Minecraft with this Minecraft Modding class! Design custom blocks, items, and tools! Learn to mod Minecraft using Java and Eclipse. Students should be comfortable with keyboarding, and of course playing Minecraft! At the end of class take home your Mods to share with family and friends. **INSTRUCTOR:** Tech Academy by Computer Explorers

JPCC	M-Th	1:00–4:00 pm	Jun 22–25	\$187 \$172 <i>RD</i>	grades 3–6
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Extreme Robotics Battlebots Olympics «NEW!»

Get ready to take ultimate control using the Mindstorm Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch, and light sensors, and specialized LEGO Technic engineering components, students will build extreme robots and overcome challenges. Students working in small teams will control the robot with NXT programs and then experiment with and modify the programs. Students will then be challenged to morph their projects into better, stronger, or faster robots. Please bring a drink and snack daily. **INSTRUCTOR:** Tech Academy by Computer Explorers

JPCC	M-Th	9:00 am–12:00 pm	Aug 3–6	\$187 \$172 <i>RD</i>	grades 4–8
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Star Wars Jedi Movie Making «NEW!»

From a galaxy far, far away, Star Wars comes to life! Work on a stop-motion animated LEGO® Star Wars movie. Star Wars action figures, LEGOs, and backdrops will be available for filming in class. Handle all the technical details, including using a digital

movie camera, filming scenes, doing stop-motion animation and digital editing, and adding finishing touches like special effects and transitions to the movie. In this exciting, hands-on class, our instructors will take your student through the entire digital film making process from start to finish using the Frames Software. Students will have access to their final projects. **INSTRUCTOR:** Tech Academy by Computer Explorers

JPCC	M-Th	1:00-4:00 pm	Aug 3-6	\$187 \$172 <i>RD</i>	grades 4-8
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Code a Website - HTML for Kids <<NEW!>>

Want to learn a new language and communicate with your computer and the browser? Speak a language that your browser can understand using Hypertext Markup Language, HTML, a language that the computer understands to code a simple website. Learn to code your very own website and more! You'll create a web page on your very first day! Learn to program, and incorporate sound, video, and more during this session. Participants should bring their own lunch, snacks, and beverages. **INSTRUCTOR:** Mop Top Shop

Flah Park	M-F	9:00 am-4:00 pm	Jul 20-24	\$190 \$175 <i>RD</i>	grades K-6
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Graphic Design for the Real World <<NEW!>>

Students learn the principles of great design. Emphasis, repetition, color, contrast, and more to design a corporate identity package; logos, magazine layout/cover, website. Consider Graphic Design as a career option. See what it's like to design a promotion from start to finish. Campers will be divided into two classes for this fun and hands-on session. Participants should bring their own lunch and beverages. Snacks will be provided. **INSTRUCTOR:** Mop Top Shop

Flah Park	M-F	9:00 am-4:00 pm	Aug 3-7	\$190 \$175 <i>RD</i>	grades K-6
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Getting Buggy With It! Bugs in Your Back Yard! <<NEW!>>

We won't "bug" you with lots rhetoric! It's all hands-on. Using smartphones, notebooks, magnifying loupes/glasses, digitizing/drawing tablets, hand-held GPS units; campers collect, observe, photograph, and research, arthropods to share with scientists, entomologists, and naturalists all over the world. Participants should bring their own lunch, snacks and beverages. **INSTRUCTOR:** Mop Top Shop

Flah Park	M-F	9:00 am-4:00 pm	Jun 22-26	\$190 \$175 <i>RD</i>	grades K-6
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So, Sew, Cool! <<NEW!>>

Using math, technology, and art to design, create, and make a soft and cuddly stuffed animal to take home and love. Kids will math and more to measure, create, hand-stitch, and make. Campers will learn how to hand-stitch, sew, and use sewing machines in this fun class. All materials and supplies included. Use your skills to design and sew a take-home project. Don't forget to invite your friends and family to our stuffed animal fashion show at the end of camp! Participants should bring their own lunch, snacks, and beverages. **INSTRUCTOR:** Mop Top Shop

Flah Park	Tu-F	9:00 am-4:00 pm	Jul 7-10	\$190 \$175 <i>RD</i>	grades K-6
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S.T.E.A.M. Camps

What's the Matter...Solid, Liquid, Gas and Slime! <<NEW!>>

SPRING BREAK CAMP It's just a matter of slime...we mean time, before you have the time of your life making "ooey, gooey" slime, play dough, ooblek, and your very own lava lamp. Campers learn all about the properties and states of matter and whether it's a solid, liquid, gas or could it be something called non-Newtonian? And you get to take it all home. Participants should bring their own lunch, snacks, and beverages. **INSTRUCTOR:** Mop Top Shop

Flah Park	M-Th	9:00 am-4:00 pm	Apr 6-9	\$190 \$175 <i>RD</i>	grades K-6
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It's All About the Bots...Robots That Is! <<NEW!>>

What's a Mop Top Shop Bot? Kids who love robots! Campers will learn all about circuitry, electricity and conductivity to make artbots. Then they graduate to constructing, engineering, and programming robots that can perform simple tasks such as moving, rotating, responding to simple commands and distinguishing colors. Campers use motors, batteries, wires, sensors, gears and more. And you get to take home your artbot, a robot that draws. **INSTRUCTOR:** Mop Top Shop

Flah Park	M-F	9:00 am-4:00 pm	Jun 15-19	\$190 \$175 <i>RD</i>	grades K-6
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Gardening Camps

Little Horticulturist - Organic Gardening for Kids <<NEW!>>

You are what you eat and learning to create a healthy garden is such a treat! Kids become little gardeners as they research, explore, and identify parts of a plant; grow starter plants like beans, carrots, greens, and more as they learn about soil, composting, nutrition and good health. Each child builds a miniature garden box and gets a plant to take home! Participants should bring their own lunch, snacks, and beverages. **INSTRUCTOR:** Mop Top Shop

Flah Park	M-F	9:00 am-4:00 pm	Jul 13-17	\$190 \$175 <i>RD</i>	grades K-6
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Athletic Camps

Thori Bryan Soccer Academy Co-Ed Youth Soccer Camp

This week-long skills development camp will be led by former US Women's National, World Cup, and Professional soccer player Thori Bryan. Participants will work on developing fundamental soccer skills to improve their game. Please bring water daily. Camp t-shirt included. **INSTRUCTOR:** Thori Bryan

Smith Ck Soccer Ctr	M-F	9:00 am-12:00 pm	Jun 22-26	\$145 \$130 <i>RD</i>	ages 6-12
Smith Ck Soccer Ctr	M-F	9:00 am-12:00 pm	Jul 6-10	\$145 \$130 <i>RD</i>	ages 6-12

JJ Miller Basketball Camp

JJ Miller Basketball Camp helps youth learn the value of teamwork, discipline, strong work ethic, and moral values through the game of basketball. JJ Miller strives to help each camper develop the fundamentals of the game while having loads of fun! JJ and his staff provide a safe and fun environment for kids of all ages, gender, and skill level to learn and improve at the game of basketball. Please bring a snack daily. **INSTRUCTOR:** JJ Miller, Hooper's Elite Basketball Services

Flah Park	M-F	8:00 am-12:00 pm	Jul 6-10	\$115* \$100* RD	ages 7-12
Flah Park	M-F	1:00-5:00 pm	Jul 6-10	\$115* \$100* RD	ages 13-17

*T-shirts are guaranteed for those who pre-register at least 10 business days prior to start of camp

Kidokinetics Preschool Sports Camp

Our Preschool sports camp introduces preschoolers to a variety of sports, group games and fitness activities! An exciting addition to your summer schedule, our experienced coaches will ensure the kids are having fun while being active and learning new sports skills. Activities include baseball, basketball, hockey, parachute and much, much more! Children must be potty trained. **INSTRUCTOR:** Kidokinetics

JPCC	M-F	9:00 am-12:00 pm	Jun 1-5	\$160 \$145 RD	ages 3-6
Flah Park	M-F	9:00 am-12:00 pm	Jun 8-12	\$160 \$145 RD	ages 3-6
JPCC	M-F	9:00 am-12:00 pm	Jul 20-24	\$160 \$145 RD	ages 3-6
Flah Park	M-F	9:00 am-12:00 pm	Jul 27-31	\$160 \$145 RD	ages 3-6

Kidokinetics Sports Camp

Our multi sports camp introduces kids to a variety of sports, games and fitness activities! Soccer, baseball, basketball and lacrosse headline the expansive roster of sports. Campers will learn new skills, gain self-confidence and try sports they may not have had an opportunity to try before. If your kids love all things sports, this camp is for them! **INSTRUCTOR:** Kidokinetics

Flah Park	M-F	9:00 am-12:00 pm	Jun 15-19	\$160 \$145 RD	ages 6-9
JPCC	M-F	9:00 am-12:00 pm	Jun 22-26	\$160 \$145 RD	ages 6-9
Flah Park	M-F	1:00-4:00 pm	Jun 13-17	\$160 \$145 RD	ages 6-9
JPCC	M-F	1:00-4:00 pm	Jul 20-24	\$160 \$145 RD	ages 6-9
Flah Park	M-F	9:00 am-12:00 pm	Aug 3-7	\$160 \$145 RD	ages 6-9
JPCC	M-F	9:00 am-12:00 pm	Aug 10-14	\$160 \$145 RD	ages 6-9



Mini-Hawk Multi-Sport Camp

This multi-sport program is to give children a positive first step into athletics. Soccer, baseball and flag football are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, kids explore balance, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. **INSTRUCTOR:** Triangle Skyhawks

JPCC*	M-F	9:00 am-12:00 pm	Jun 29-Jul 3	\$150 \$135 RD	ages 4-6
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*Camp will be held in Overflow Field directly in front of community center

Skyhawk Flag Football Camp

Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, catching and de-flagging or defensive positioning makes this one of our most popular. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! **INSTRUCTOR:** Triangle Skyhawks

JPCC*	M-F	9:00 am-12:00 pm	Jul 13-17	\$150 \$135 RD	ages 7-12
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*Camp will be held in Overflow Field directly in front of community center

Lacrosse Camp

Lacrosse is one of the oldest team sports in America, started on the by the Native Americans in the 12th century. Suit up and come find out why it has grown to be one of the fastest growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment. Our staff will ensure that campers also learn important life skills such as respect, teamwork, and discipline. **INSTRUCTOR:** Triangle Skyhawks

JPCC*	M-F	9:00 am-12:00 pm	Jul 27-31	\$150 \$135 RD	ages 7-12
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*Camp will be held in Overflow Field directly in front of community center

Education Camps

Kindergarten Boot Camp

Want to get a jump start on kindergarten? This camp will introduce your child to a typical kindergarten day. We will have "Morning Meeting," a Letterland lesson, a math lesson, work in centers with manipulatives, create a craft that coincides with that day's lesson, enjoy snack time together, go to the playground and simply learn how to move about a kindergarten classroom. **INSTRUCTOR:** Jennifer Rose

JPCC	M-F	9:00 am-12:00 pm	Jun 15-19	\$160 \$145 RD	ages 4-5
JPCC	M-F	9:00 am-12:00 pm	Jun 29-Jul 3	\$160 \$145 RD	ages 4-5
JPCC	M-F	9:00 am-12:00 pm	Jul 13-17	\$160 \$145 RD	ages 4-5
JPCC	M-F	9:00 am-12:00 pm	Aug 10-14	\$160 \$145 RD	ages 4-5

AQUATICS

& WATER FUN

Holding Park Aquatic Center

133 W. Owen Ave. | 919-435-9560

OPEN: May 23 – Sep 6

AMENITIES: Six-lane, 25-yard lap pool; two water slides with plunge pool; and a children's pool with sprayground features



Open Swim Hours

The PRCR Department will open the aquatic center on Saturday, May 23 (Memorial Day weekend) for the summer season. The center will remain open through Sunday, Sep. 6.

Mon–Fri	10:00 am–8:00 pm*	May 25, Aug 3–21, Sep 7
	12:00–6:00 pm*	Jun 15–Jul 31
	4:00–8:00 pm*	May 26–Jun 12; Aug 24–Sep 4
Sat	10:00 am–8:00 pm*	May 3–Jun 13, Aug 8–Sep 5
	12:00–8:00 pm*	Jun 20–Aug 1
Sun	1:00–7:00 pm*	May 24–Sep 6

**Hours of operation are subject to change*

Daily Admission Fee	
age 2 and under	\$2 \$1 <i>RD</i>
age 3–13	\$6 \$4 <i>RD</i>
ages 13+	\$7 \$5 <i>RD</i>
ages 60+	\$6 \$4 <i>RD</i>
Seasonal Pass	
Punch card good for 20 visits*	\$100 \$60 <i>RD</i>



*May be purchased at the PRCR office, located at the Joyner Park Community Center. Punch card sales begin May 1.

Parent-Toddler Swim Time

Reserved pool time for parents and toddlers (ages 4 and younger). Pass is required and may be purchased at the PRCR office, located within the Joyner Park Community Center. Pass is valid for one parent and up to two preschool children. Parent-Toddler pass sales begin May 1.



M–F	11:00 am–12:00 pm	Jun 15–Jul 31	\$80 \$40 <i>RD</i>
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Swim Lessons

Swim class sessions (4 sessions, Monday–Thursday) will be offered in June and July. Specific dates and times will be available at Joyner Park Community Center and online by May 22. Registration begins June 1. Maximum of 4 per class. All registration will be held online.

M–Th	June–July (schedule available May 22)	\$80 \$40 <i>RD</i>
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Special Needs Swim Lessons **<NEW!>**

Swimming is an important life-saving skill with a variety of benefits. We now offer 1-on-1 swim lessons for individuals with disabilities of all swimming ability levels. Each package includes three, 30-minute sessions. Topics that will be covered include water safety and stability, back floating, belly floating, kicking and breath exercises.

INSTRUCTOR: Nicole Russell

Tu–W	6:00–8:00 pm	Jun–Aug	\$120	ages 4+
F	9:00–11:00 am	Jun–Aug	\$120	ages 4+

**Pre-registration required, \$10 late fee assessed after deadline*

Taylor Street Sprayground

Located at Taylor Street Park, the sprayground will be open daily, April 24–September 27, 2020. Wake Forest's first sprayground is a dynamic, zero-depth aquatic play area that provides endless hours of fun for the entire family. The sprayground combines the sensations of different water movements—flowing, misting, and jetting—with diverse features for an unequaled aquatic play adventure.

HOURS: Mon–Sat 10:00 am–8:00 pm; Sun 12:00–8:00 pm

ATHLETICS

YOUTH AND ADULT

Youth Athletics

YOUTH BASEBALL / SOFTBALL

Spring Baseball, Softball and T-Ball Leagues

League age is determined by participant's age on April 30, 2020. Registration will be held February 1-29. Team practices begin in late March/early April. Games are played through June. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

Registration: Feb 1-29	Mar-Jun season	\$100 \$60 RD	boys, ages 5-17 girls, ages 5-17
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Dream League Baseball

Designed for school-age participants with special needs. League games are played on Saturdays from late April through early June. Registration will be held February 1-29. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-29	Apr-Jun season	\$15*	ages 5-young adult
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*\$10 late registration fee charged after Feb 29

Dream League Baseball "BUDDY" Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-29	Apr-Jun season	free	ages 10+
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Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2020. Registration will be held June 1-30. Team practices begin in August games are played through mid-October. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

Registration: Jun 1-30	Aug-Oct season	\$100 \$60 RD	boys, ages 6-16 girls, ages 6-16
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YOUTH VOLLEYBALL

Youth Volleyball League

League age is determined by participant's age on September 1, 2020. Registration will be held April 1-30. Team practices begin in May, games are played through mid-July.



Registration: Apr 1-30	May-Jul season	\$100 \$60 RD	girls, ages 9-16
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YOUTH BASKETBALL

Skills, Drills & Development Basketball Clinic

Improve on your baller's basic fundamentals and skills with this fun and challenging basketball clinic. This clinic is designed by JJ Miller to improve each player's game, build confidence, and help them have more fun with the game of basketball.

INSTRUCTOR: JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	9:00-10:00 am	Mar 7-28	\$75 \$60 RD	ages 7-12
Flah Park	Sa	9:00-10:00 am	Apr 18-May 9	\$75 \$60 RD	ages 7-12
JPCC	W	4:30-5:30 pm	Apr 29-Jun 3	\$135 \$120 RD	ages 9-17
Flah Park	Sa	9:00-10:00 am	May 23-Jun 13	\$75 \$60 RD	ages 7-12
Flah Park	Sa	9:00-10:00 am	Jul 18-Aug 8	\$75 \$60 RD	ages 7-12

YOUTH TRACK & FIELD

Track & Field

In this introduction to track and field, participants will learn proper running technique and gain experience in their choice of the following Olympic running events: 100, 200, 400, 800, 1500, 3000. Open to runners age 6-14 (age determined by age on 1/1/2020). Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Participant fee includes a t-shirt. **COACHES:** Matt & LaTosca Goodwin, NC Speed Academy



WF Middle	Tu/Th	6:00-7:00 pm	Apr 14-May 21	\$100 \$85 RD	ages 6-14
WF Middle	Tu/Th	6:00-7:00 pm	Aug 4-Sep 10	\$100 \$85 RD	ages 6-14

YOUTH LACROSSE

Lacrosse Clinic **NEW!**

Lacrosse is one of the oldest team sports in America, started on the East Coast by the Native Americans in the 12th century. Suit up and come find out why it has grown to be one of the fastest growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment. Our staff will ensure that campers not only learn the sport of lacrosse, but also important life skills such as respect, teamwork, and discipline. Every athlete will come away with a deep understanding of the game and its traditions. **INSTRUCTOR:** Triangle Skyhawks

Joyner Park*	M	6:00-7:00 pm	Jun 29-Aug 3	\$104 \$89 RD	ages 7-12
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*Class will be held in Overflow Field directly in front of community center

CHEERLEADING

Champions in Motion Cheerleading

Champions in Motion combines pom and cheerleading into one program. Students are taught cheerleading techniques such as cheers and chants with arm motions, jumps, kicks and stunting basics. Students are also taught dance routines and other dance techniques using poms to visually enhance the choreography. Champions in Motion gives students the skills to be able to successfully tryout for middle and high school teams in which otherwise they may not be able to afford at high cost cheer gyms. **INSTRUCTOR:** Champions in Motion

Alst Mass	Tu	5:45-6:30 pm	Feb 4-Jun 2	\$8 / week*	ages 4-6
Alst Mass	Tu	6:30-7:15 pm	Feb 4-Jun 2	\$8 / week*	ages 7-9
Alst Mass	Tu	7:15-8:15 pm	Feb 4-Jun 2	\$12 / week*	ages 10-18
Alst Mass	Tu	5:45-6:30 pm	Jun 9-Aug 18	\$8 / week*	ages 4-6
Alst Mass	Tu	6:30-7:15 pm	Jun 9-Aug 18	\$8 / week*	ages 7-9
Alst Mass	Tu	7:15-8:15 pm	Jun 9-Aug 18	\$12 / week*	ages 10-18

*One-time \$10 registration fee required



The Better Sports for Kids Quality Program Provider designation was awarded to the Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) for 2019-20. Achieving this designation demonstrates that PRCR has undergone a review process and has shown a commitment to a safe, quality youth sports environment for the families we serve.

YOUTH & ADULT TENNIS

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WAFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit wfata.usta.com.

Adult Athletics

ADULT KICKBALL

Spring Adult Co-Rec Kickball

League play is scheduled to begin mid-March. Games will be played on Sundays through late May. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457.

Registration: Feb 1-29	Mar-May season	\$225/team	ages 18+
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Summer Adult Co-Rec Kickball

League play is scheduled to begin mid-July. Games will be played on weeknights and Sundays through late August. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: Jun 1-30	Jul-Aug season	\$225/team	ages 18+
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Fall Adult Co-Rec Kickball

League play is scheduled to begin mid-September. Games will be played on weeknights and Sundays through late October. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: Aug 1-31	Sep-Oct season	\$225/team	ages 18+
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Athletic League Registration

YOUTH REGISTRATION: New players must submit a copy of the participant's birth certificate. **Returning players** are not required to submit a birth certificate. ALL registration for youth leagues will be held online during the specified registration periods. Computer access will be available at Wake Forest Town Hall should registrants need access.

RESIDENT DISCOUNT (RD): Youth athletic league participants will be charged \$100 at the time of registration. Residents who live within the town's limits are eligible for the discounted rate of \$60.

ADULT REGISTRATION: Register online at wakeforestnc.recdesk.com.

REFUNDS: Athletic fees are 100% refundable if requested, in writing, before the participant's first assigned team practice. After the first practice, refunds will not be granted. Anyone withdrawing from an athletic program must request a refund in writing in order for a refund to be processed. Note that late registration fees, if paid, are non-refundable.

SPRING 2020 Baseball, Softball & T-ball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2014	2014	2014	2014	2014	2014	2014	2014	2015	2015	2015	2015	5
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	6
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	7
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	8
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	9
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	10
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	11
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	12
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	13
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	14
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	15
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	16
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Rookie League (machine pitch)	7	Rookie League (machine pitch)
Rookie League (machine pitch)	8	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	n/a
Senior League (15-17)	16	n/a
Senior League (15-17)	17	n/a

FALL 2020 Baseball & Softball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	6
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	7
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	8
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	9
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	10
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	11
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	12
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	13
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	14
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	15
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	16

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Age Bracket

Baseball (male)	AGE	Softball (female)
Rookie League (machine pitch)	6 coed	Rookie League (machine pitch)
Rookie League (machine pitch)	7 coed	Rookie League (machine pitch)
Minor League	8 coed*	Minor League
Minor League	9 coed*	Minor League
Little League (10-11)	10	Little League (10-11)
Little League (10-11)	11	Little League (10-11)
Junior League (12-13)	12	Junior League (12-13)
Junior League (12-13)	13	Junior League (12-13)
Senior League (14-16)	14	Senior League (14-16)
Senior League (14-16)	15	Senior League (14-16)
Senior League (14-16)	16	Senior League (14-16)

Rained Out
Sign up to receive
game cancellation notices
via text message.

RainedOut is a free notification program that allows you to receive a text message on your cellphone when games have been cancelled. To enroll for **Youth Baseball/Softball, Dream League, Adult Softball and Track & Field**, send a text to 84483 with the message "Fields19". For the **Volleyball League**, send a text to 84483 with the message "VB2019". For **Youth Basketball and Spirit League**, send a text to 84483, with the message "BB1920".

Smartphone users who have downloaded the Town of Wake Forest app will receive a push notification message informing them of any schedule changes.

ADULT SOFTBALL

Men's Spring Softball League

Games played Monday, Wednesday and Thursday beginning in mid-March. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457.

Registration: Feb 1-29	Mar-Apr season	\$550/team	ages 18+
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Church Men's Softball League

Games will be played Monday, Tuesday & Thursday beginning mid-April. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457.

Registration: Mar 1-31	Apr-Jun season	\$550/team	ages 18+
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Church Co-Rec Softball League

Games will be played Monday, Tuesday & Thursday, beginning mid-June. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: May 1-31	Jun-Aug season	\$550/team	ages 18+
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Men's Fall Softball League

Games will be played Monday, Wednesday, & Thursday beginning mid-August. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: Jul 1-31	Aug-Oct season	\$550/team	ages 18+
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Co-Rec Fall Softball League

Games will be played on Monday, Tuesday, & Thursday beginning mid-August. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: Jul 1-31	Aug-Oct season	\$550/team	ages 18+
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ADULT VOLLEYBALL

Summer Adult Co-Rec Volleyball League <<NEW!>>

League play is scheduled to begin mid-June. Games will be played on Saturday and/or Sundays through mid-August. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: May 1-31	Jun-Aug season	\$225/team	ages 18+
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ADULT PICKLEBALL

Pickleball Clinic – Beginner

Pickleball is considered one of the fastest-growing sports in the United States. It is a paddle sport that combines elements of tennis, badminton, and ping-pong, using a Pickleball paddle and a whiffle-type ball. Pickleball allows you to work on your balance, reflexes, and hand-eye coordination without placing excessive strain on your body. This clinic will provide the basic skills for learning how to play the game. Participants will learn basic rules, court position, basic techniques, courtesy and safety on and off the courts. **INSTRUCTOR:** USAPA Pickleball Ambassadors

Flah Park	Th	6:30–8:30 pm	Mar 19–26	\$40 \$25 RD	ages 18+
Flah Park	M	8:30–10:30 am	Jun 8–15	\$40 \$25 RD	ages 18+
Flah Park	M	8:30–10:30 am	Aug 3–10	\$40 \$25 RD	ages 18+

Pickleball Clinic – Intermediate

This clinic is for players who can serve and rally consistently but are looking to take their game to the next level. Students will participate in targeted doubles drills designed to improve movement, shot selection, accuracy, power, consistency, the effective use of spin, and the all-important third shot drop. **INSTRUCTOR:** USAPA Pickleball Ambassadors

Flah Park	M	8:30–11:00 am	Jul 6–13	\$65 \$50 RD	ages 18+
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Women's Pickleball Ladder League

Round robin format with a scheduled inter-league tournament week 8. Must be rated 3.0 or higher according to USAPA Skill Guidelines. You can find guidelines at the bottom of home page at wakeforestpickleballclub.com.

Flah Park	M	10:00 am–12:00 pm	Apr 6–Jun 1*	\$50 \$35 RD	ages 18+
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*No league play on May 25

Men's Pickleball Ladder League

Round robin format with a scheduled inter-league tournament week 8. Must be rated 3.0 or higher according to USAPA Skill Guidelines. You can find guidelines at the bottom of home page at wakeforestpickleballclub.com.

Flah Park	M	8:00–10:00 am	Apr 6–Jun 1*	\$50 \$35 RD	ages 18+
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*No league play on May 25

Join a league as a free agent!

Adult men and women interested in playing softball, kickball and flag football – that do not have a team to play on – can sign up as a free agent. As a free agent, you'll be assigned to a team in need of players. To sign up as a free agent, fill out the form at wakeforestnc.gov (search "free agent").

RENAISSANCE CENTRE

FOR THE ARTS



RONNELL SHERIDAN COMEDY SHOW
MAR 7

Upcoming Events

Bright Star Theatre presents George Washington Carver & Friends

An 'Arts for All' Program. Black History Heroes have laid the groundwork for some of the most amazing discoveries of the modern era, especially when it comes to science, technology, engineering and math. One of these incredible heroes is George Washington Carver, a scientist who led a remarkable life. See him come to life and meet some of the other incredible scientists and groundbreakers from Black History – including Madame CJ Walker, Jackie Robinson and more!



Feb 8	11:00 am	Alston-Massenburg Center 416 Taylor St	free
Feb 8	6:00 pm	Friendship Chapel Baptist Church 237 Friendship Chapel Road	free

Forest Moon Theater presents Prelude to a Kiss

Written by Craig Lucas. When Peter, a man from a broken family, meets Rita, an insomniac bartender with no faith in the future, only one thing can happen: they fall in love and get married. Then on the evening of their nuptials, an elderly stranger appears at the reception, bearing a kiss for the new bride. In this romantic fantasy, it is a kiss that tests the boundaries of the couple's love. **CONTENT ADVISORY:** Rated R. Contains some strong language and adult subject matter.



Feb 14, 15	7:30 pm	Renaissance Centre	Advance: \$15 individual, \$13 student/senior
Feb 16	3:00 pm	Renaissance Centre	Day Of: \$18 individual, \$16 student/senior
Feb 21, 22	7:30 pm	Renaissance Centre	Season and flex passes available. Call the box office for information: 919-435-9458.
Feb 23	3:00 pm	Renaissance Centre	

Happy Dan the Magic Man

Third Wednesday of every month. Everyone laughs louder when Happy Dan is in the house! Children are quickly drawn into his tale of magical fantasy as they perform various feats of magic and more. The laughter never stops as Happy Dan struggles with his misbehaving props and the children fly to his rescue.

Feb 19, Mar 18, Apr 15, May 20, Jun 17, Jul 15, Aug 19	11:00 am	Renaissance Centre	\$5
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Rockin' the Forest - Live Music Concert Series

Assembling some of the top musical acts in the area, the Rockin' The Forest music series features bands that play beach music, shag, Motown, and rock and roll. The Renaissance Centre is the perfect place to enjoy a fun-filled night of great music while dancing to today's latest hits to the oldies that everyone knows by heart. Bar will be open for wine, beer and other refreshment purchases.



Feb 28	7:30 pm	Jim Quick & Coastline	Renaissance Centre	\$15
Mar 27	7:30 pm	The Magnificents	Renaissance Centre	\$15

Rondell Sheridan Comedy Show

If You are Over 40 and You Know It Clap Your Hands is a nonstop celebration of life, love and laughter told by a master storyteller, that will have you laughing at yourself. Sheridan is perhaps best known as the fun-loving dad, Victor Baxter, on Disney's long running series *That's So Raven*. From the Tonight Show to several Showtime comedy specials to many, many, many appearances on Comedy Central, Rondell has been called one of the fastest comedy minds in the business. Always funny, and never at a loss for words, his clever take on everyday situations keeps audiences rolling. **ADVISORY:** Rated PG17.

Mar 7	7:30 pm	Renaissance Centre	\$18
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Wake Forest Film Festival

Mark your calendars for the second annual Wake Forest Film Festival! This event aims to spotlight passionate, creative and thought-provoking movies by some of today's most promising and accomplished local, national, and international filmmakers. The festival is a two-day film showcase that will engage audiences with films of all lengths and genres that include short and feature, documentary, horror, animation, narrative and student.

This festival is intended for both the general public and film professionals. **CONTENT ADVISORY:** The majority of the Wake Forest Film Festival selections for this year are classified for mature audiences. Some films may not be suitable for children under 13.



Mar 13*	Renaissance Centre	Film Fest Package: \$25 (includes all films, Red Carpet Reception and Awards Ceremony)
Mar 14*	Renaissance Centre	Student Film Fest Package: \$15 (includes all films, Red Carpet Reception and Awards Ceremony) Day Pass: \$15 (Friday Day Pass includes Red Carpet Reception; Saturday Day Pass includes Awards Ceremony)

*Screening schedule and film ratings can be viewed at wakeforesrency.org

FILM FESTIVAL WORKSHOPS:

Women in Film. This discussion features three professional film-makers who will share their valuable experiences and successful creative work in film. The panel will share the obstacles they have faced, give insight into what to do to be successful, as well as give advice on the nuts and bolts of what makes a woman pass hurdles in the film industry.

Mar 14	9:00-10:00 am	Renaissance Centre	free*
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*limited seating to 20 participants

Everything you Need to Know About Scriptwriting in 60 Minutes. This workshop is an overview of writing scripts for film and television. Participants will discuss structure and format, and talk a bit about the business of screenwriting. Tony Daniel is the coauthor of horror film *Flu Birds* seen on the SyFy Channel, and Chiller Channel film *Beneath* (directed by Larry Fessenden) in addition to other scripts for film and television. He taught scriptwriting at the University of Texas at Dallas. Several of his former students are cutting the rug as television staff writers and movie screenwriters in Hollywood and beyond. Daniel is also a highly regarded science fiction novelist, the author of ten novels, and many award-winning short stories.

Mar 14	10:30-11:30 am	Renaissance Centre	free*
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*Limited seating to 20 participants

Sons of Mystro

Have you ever been serenaded by a musical duo who plays over ten different genres of popular music, using the violin instead of their voices to literally express a song's lyrics? If not, then you must not have heard of the upcoming Violin Virtuoso's – Sons of Mystro! Reflecting their Caribbean roots, Sons of Mystro has played The Grace Jamaican Jerk Festival, Legends Easter Fest, One Love Reggae Fest, Reggae Dancehall Awards, and graced the same stage with reggae and dancehall veterans such as Marcia Griffiths, John Holt, Ken Boothe, Dobby Dobson, Freddie McGregor, Frankie Paul, Barrington Levy, and artists from the now generation such as Mr Vegas, Beenie Man, Romain Virgo, Etana. Many of these artists have expressed amazement at the depth and variety of Sons of Mystro musical selections and their innovative and artistic arrangements. "Our protégés, Sons of Mystro are an innovative musical force that is ready to take the world by storm." –Black Violin

Apr 3	7:30 pm	Renaissance Centre	\$12
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**SONS OF MYSTRO
APR 3**



THE CHAIRMEN OF THE BOARD JUN 6



Murder Mystery Dinner Theatre: It's a Mystery presents Kill the Music

Reunion tours are all the rage these days, and the 1980's group, Rhapsody and the Romantics, couldn't resist mingling with their fans once more. Even though their string of hits ended after one, they are confident that they are on their way back up to the top. Tonight, they plan on introducing a brand-new song. Will this new tune light up the night or turn out to be a swan song for a member of the group? Guests are encouraged to tease your hair up high and dress in your best '80s outfit! It will be up to you and your table of fellow sleuths to discover who the perpetrator might be.

Apr 25	6:30 pm	Renaissance Centre	\$40 (includes 3-course dinner)*
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*Special dietary needs please call the box office at 919-435-9458

SOLE Defined's VIBEZ

SOLE Defined was founded in 2011 by Ryan Johnson and Quynn Johnson. SOLE Defined's mission is to use percussive dance to raise awareness about social and economic issues directly affecting people of color. Ryan made history in 2010 by becoming the first tap dancer to win the DC Metro Dance Awards: Outstanding Solo Performance. He has performed in *The Beatles LOVE* by Cirque Du Soleil and was a part of the NYC and touring cast of the hit show *STOMP*. Quynn is a multi-award-winning performer, Wolf Trap National teaching artist, and author. Most recently she toured as the featured tap soloist in the Tony award winning production, *After Midnight*. She was a featured soloist in the Washington Ballet's production of *The Great Gatsby* and has performed at The Lincoln Center, in the cast of Cirque du Soleil's One Drop production *Mosaic*. SOLE Defined's *VIBEZ* takes us back to the roots of hip-hop where it began as an innovative sound, form of social protest, Afrocentric expression and a celebration of life.

May 15	7:00 pm	Renaissance Centre	\$12
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Summer Beach Music Party - The Chairmen of the Board

Say hello to summer with a beach music party featuring the Kings of Beach Music, The Chairmen of the Board Band. This group was at the top of Billboard's music chart with the songs *Give Me Just A Little More Time* and *(You've Got Me) Dangling on a String*. They recorded the original version of *Patches*, co-written by former band member General Johnson, which became a 1970 hit for Clarence Carter. The song received a Grammy Award in 1971. Join us at the Renaissance Centre to make some beach music memories without the drive to Myrtle Beach.

Jun 6	7:30 pm	Renaissance Centre	\$15
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Forest Moon Theater presents Lobby Hero

Written by Kenneth Lonergan. The lobby of a Manhattan apartment building is the backdrop for a local murder investigation in this engaging dramatic comedy about a young security guard facing multiple moral dilemmas while trying to get his life back on track. At the same time, both his boss and his love interest wrestle with ethical issues of their own. Matters of love and loyalty collide with racial bias and sexism in the workplace, polarizing issues with laugh-out-loud moments to remind us how ridiculous and human we are. **ADVISORY:** Rated R. Contains some strong language and adult subject matter.



Jun 19, 20	7:30 pm	Renaissance Centre	Advance: \$15 individual, \$13 student/senior
Jun 21	3:00 pm	Renaissance Centre	Day Of: \$18 individual, \$16 student/senior
Jun 26, 27	7:30 pm	Renaissance Centre	Season and flex passes available. Call the box office for information: 919-435-9458.
Jun 28	3:00 pm	Renaissance Centre	

Neck of the Woods

Neck of the Woods is a variety performance series featuring emerging local artists. An evening may consist of several performance acts. Each show is different and may include actors, dancers, musicians, comedians, writers and spoken word artists. Come out and enjoy a truly unique and entertaining event and support your local artists! Bar will be open for wine, beer and other refreshment purchases. **SPONSORED BY:** ARTS Wake Forest

Jul 17	7:00 pm	Renaissance Centre	\$5
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Malpass Brothers Concert

The Malpass Brothers are as authentic as home-churned butter, stone-ground grits, country ham and red-eye gravy... and they're every bit as good. Their music is steeped in the legacy of the Louvin Brothers, Johnny Cash, Marty Robbins, Hank Williams Sr., and others. Count on country classic as well as new Malpass tunes. Count on traditional gospels. Count on big, high hair, and maybe even an Elvis twitch. Count on an evening filled with laughter and music. But don't count on buying a ticket at the door because this one is always a **sell out!**



Jul 25	7:00 pm	Renaissance Centre	\$20
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The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

Program Refund Policy
Program fees are 100% refundable when the program is canceled by the PRCR Department. Anyone wishing to withdraw from a class that has not been canceled by the PRCR Department must request a refund, in writing, at least 10 business days before the start of the class. Refunds will not be given for withdrawals made less than the 10 business day period other than for verified medical/hardship cases.

2020 Wake Forest Home & Garden Show

Presented by Mitchell Heating & Cooling, this free, two-day home and garden event will showcase the latest in home improvement products and services. Whether you are looking for a complete home remodel, a kitchen or bath makeover, a newly landscaped yard, or just want to shop at the vendor marketplace, you will find it all at the Wake Forest Home & Garden Show!



Aug 22	9:00 am-4:00 pm	Renaissance Centre	free
Aug 23	11:00 am-3:00 pm	Renaissance Centre	free

Free Monthly Movie Showings

First Friday Flix

Free movie showings on the **first Friday of each month at 7 pm**. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

fliX4kids

Free movie showings on the **second Monday of each month at 10:30 am**. Movies are geared for children ages 3-10. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

Free at 3

Free movie showings on the **second Monday of each month at 3 pm** with closed caption screening. Movies are geared for ages 50+. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

Renaissance Centre - Ticket Information

PURCHASE TICKETS

Tickets for shows may be purchased at wakeforestrecen.org or at the Renaissance Centre box office at 405 S. Brooks St., open Mon-Fri 9 am-12 pm and 1 pm-5 pm. 919-435-9458. **Ticket prices do not include tax.**

STAY CONNECTED

Sign up to receive email updates about upcoming events at the Renaissance Centre by visiting wakeforestrecen.org and clicking on "Join our Mailing List."



American Sign Language Interpretation: The Renaissance Centre will provide an ASL interpreter for a selected number of performances. Please contact the box office at 919-435-9458 for more information. Assistive Listening Devices are also available upon request for all Renaissance Centre events.

AN INCLUSIVE APPROACH

The PRCR Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz, kschurtz@wakeforestnc.gov.

PARENT PARTICIPATION POLICY

The PRCR Department offers individualized skills programs for children. Parents are only permitted to attend sessions when the instructor requires parent participation. In preschool programs where parent participation is not required, children must be potty-trained in order to participate.

REGISTRATION

Programs

Preregistration is required for all programs. Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted. Online registration is accepted at wakeforestnc.recdesk.com or at any PRCR staffed facility. Online registration closes two business days prior to the start of a program.

Athletics

Athletic registration will only be accepted during the advertised registration period. Early registrations will not be accepted. Registration for youth athletics is available online only during specified registration dates. Visit wakeforestnc.recdesk.com. New youth participants will be prompted to submit a birth certificate.

Non-Resident Fees

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate in programs but may be assessed an additional non-resident fee.

Risk & Liability

By registering for classes/programs or athletic leagues, participants and/or their guardians understand that participating in the activities may include the risk of injury. These risks include slips/trips/falls, musculoskeletal injuries, physical contacts with/ actions of other participants, the inherent risks of inclement weather, accidents while traveling to and from events/activities, and equipment problems or failures, among others. By registering for classes/programs/athletics, the registrant/guardian is choosing for themselves and/or their child/children to participate in the selected programs despite the risks. Participant/guardian is aware of the Town of Wake Forest Release of Liability requirement for participation, and agrees to the terms set within (liability waiver is required prior to completion of registration).

Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.

OPEN PLAY

RecCard required

To participate in Open Play, you must obtain and show your RecCard. RecCards are required for any individual over the age of six participating in Open Play. Children five and under do not need a RecCard but they must be accompanied to Open Play by a parent or guardian. To get a RecCard, you must first create a new online registration account at wakeforestnc.recdesk.com. RecCards are free. If you lose your RecCard, the charge to get a new one is \$5.





Town of Wake Forest
Parks, Recreation & Cultural Resources Department
301 S. Brooks Street
Wake Forest, NC 27587

[wakeforestnc.gov/
parks-recreation-cultural-resources](http://wakeforestnc.gov/parks-recreation-cultural-resources)

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Wake Forest, NC
Permit #118

Look what's new for 2020! See inside for more new programs and activities



Joyner Park Community Center Now Open! **Swim Lessons for Special Needs** [page 28](#)



Culinary Arts [pages 13, 18, 24, 28](#) **Lacrosse Clinics** [pages 34, 37](#) **Pickleball Ladder Leagues** [page 39](#)



Rhythm Drumming [page 14](#) **Technology Camps** [pages 32-33](#) **Kings Dominion Teen Trip** [page 17](#)